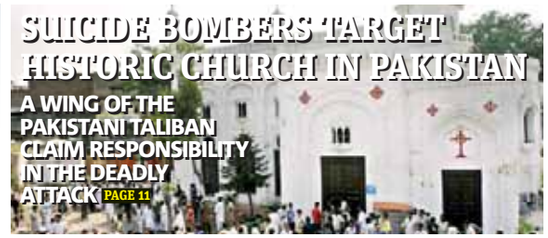
CALGARY metro®

NEWS WORTH SHARING.

Teachers take on class size

Numerous reports have emerged of Calgary high school students being squeezed into rooms PAGE 6



SUICIDE BOMBERS TARGET HISTORIC CHURCH IN PAKISTAN

A WING OF THE PAKISTANI TALIBAN CLAIM RESPONSIBILITY IN THE DEADLY ATTACK PAGE 11

BREAKING GOOD

Anna Gunn accepts the award for outstanding supporting actress in a drama series for her role on Breaking Bad at the 65th Primetime Emmy Awards in Los Angeles on Sunday. For coverage on the award show, go to page 17. CHRIS PIZZELLO/INVISION/THE ASSOCIATED PRESS

Alta. Mennonite drug pipeline runs deeper

Community concern. Five past arrests north of border linked to smuggling network

Charges laid against several Mexican Mennonites south of the border earlier this month were linked to the same alleged smuggling ring that saw three Albertans charged last year and two others arrested, American officials have revealed.

Metro reported earlier this month on a bust by the Drug Enforcement Administration (DEA) in Colorado that saw 11,000 pounds of marijuana and 30 kilograms of cocaine seized.

It's believed the cocaine haul was bound for Grassy Lake, Alta., a small hamlet with a large Mennonite population.

In all, seven people were charged in the U.S. but officials have only said charges north of the border were a possibility to date.

But Jim Schrant, a DEA supervisor, has shed more light on the depths of the apparent smuggling network, which is believed to involve Mexico's Juarez cartel, widely considered one of the world's most ruthless criminal organizations.

Schrant said charges laid by Alberta RCMP last year against 31-year-old Abram Klassen of Taber, 35-year-old Jacob Dyck of Coaldale and 33-year-old Isaak Banman of Chihuahua, Mexico, are tied to the same investigation, which he said spans several years. In that bust, about 16 kilograms of cocaine was seized at two border crossings.

"What became clear in this investigation is the Mexican command-and-control elements really saw opportunities in Canada," he said, adding cocaine is in higher demand north of the border and fetches a higher price than in the U.S.

Word of the depths of the alleged drug network was disturbing to Abe Janzen, executive director with the Mennonite Central Committee Alberta. He deemed such practices as a criminal form of "migratory labour."

Southeastern Alberta became a common destination for many Mexican and Bolivian Mennonites in the 1990s, but Janzen said many maintain close ties with their homeland and frequently travel back and forth.

"It (trafficking) has happened a number of times, probably more than we even are aware of," he said.

JEREMY NOLAIS/METRO

THE NUMBERS SPEAK FOR THEMSELVES.

LASIK MD VISION

Starting at $490 per eye*

Book a free consultation at 1-877-554-9888 or lasikmd.com

Calculate your savings! lasikmd.com/calculator

*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

2013 GMC
SIERRA 1500 EXT CAB
BLOWOUT PRICE:
$18,999
MSRP: $32,640
$56 A WEEK[1]
164 SIERRAS TO CHOOSE FROM

FINANCE IT FOR ONLY 2.99% FOR 84 MONTHS!*

2013 GMC
SIERRA 2500HD CREW CAB DENALI
BLOWOUT PRICE:
$64,988
MSRP: $79,870
$200 A WEEK[2]
50 SIERRA 2500S TO CHOOSE FROM

FINANCE IT FOR ONLY 2.99% FOR 84 MONTHS!*

2013 CHEVROLET
SONIC LS MANUAL
BLOWOUT PRICE:
$12,950
MSRP: $15,950
$44 A WEEK[2]
29 SONICS TO CHOOSE FROM

OVER 1300 NEW GM VEHICLES AVAILABLE!

2013 MODEL BLOWOUT EVENT

All 2013 Models Must Go! Get yours before they're gone!

2013 CHEVROLET
SILVERADO 1500 REG CAB
BLOWOUT PRICE:
$17,999
MSRP: $29,315
$53 A WEEK[1]
15 SILVERADOS TO CHOOSE FROM

FINANCE IT FOR ONLY 2.99% FOR 84 MONTHS!*

2013 CHEVROLET
VOLT BULLFROM PWR EDITION
BLOWOUT PRICE:
$39,988
MSRP: $49,439
$130 A WEEK[2]
2 REMAINING!

FINANCE IT FOR ONLY 2.99% FOR 84 MONTHS!*

2013 GMC
SIERRA 1500 REG CAB
BLOWOUT PRICE:
$17,998
MSRP: $29,205
$59 A WEEK[2]
300 SIERRA 1500S TO CHOOSE FROM

TO SEE OUR ENTIRE INVENTORY, VISIT
BLOWOUT.CMPAUTO.COM

TO SEE OUR ENTIRE INVENTORY, VISIT
BLOWOUT.OKOTOKSGM.COM

TO SEE OUR ENTIRE INVENTORY, VISIT
BLOWOUT.SHAWGMC.COM

*SALE PRICES FOR NEW TRUCKS INCLUDE TRUCKS BUCKS DISCOUNT; AVAILABLE ONLY TO ELIGIBLE CUSTOMERS. LOYALTY PROGRAM DISCOUNT NOT INCLUDED IN SALE PRICE; AVAILABLE ONTO ELIGIBLE CUSTOMERS. SEE LOYALTY.GMCANADA.COM FOR FULL DETAILS. DEALER RESERVES THE RIGHT TO END PROMOTIONS WITHOUT NOTICE. VEHICLES IN STOCK START FROM ADVERTISED SALE PRICE. PAYMENTS O.A.C. 1. 4.99% FOR 96 MTH. 2. 2.99% FOR 84 MTH. PRICES DOES NOT INCLUDE GST. ERRORS & OMISSIONS EXCEPTED. ONE STOCK VEHICLE MAY NOT BE EXACTLY AS SHOWN. SEE DEALER FOR FULL DETAILS.

CMP GM
CHEVROLET Cadillac BUICK GMC
403-930-1634
CMPAUTO.COM
1313 36 Street. NE, Calgary, AB, T2A 6P9

OKOTOKS
CHEVROLET BUICK GMC
403-938-7874
OKOTOKSGM.COM
101 Northgate Drive, Okotoks, AB, T1S 0H9

SHAW
GMC CHEVROLET BUICK
403-930-1654
SHAWGMC.COM
4620 Blackfoot Trail SE, Calgary, AB, T2G 4G2

BEST MANAGED COMPANIES
AMVIC LICENSED
BBB ACCREDITED BUSINESS

Kaizen AUTOMOTIVE GROUP
PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

CBE.
Potential for upsets in trustee race: Prof

Questions over spending decisions and frustration over surging class sizes could tip the balance in voters' minds as Calgary public-school-trustee candidates face the ballot box, says one political scientist.

Lori Williams with Mount Royal University said she sees a number of strong challengers emerging with "a real chance" of knocking off incumbents.

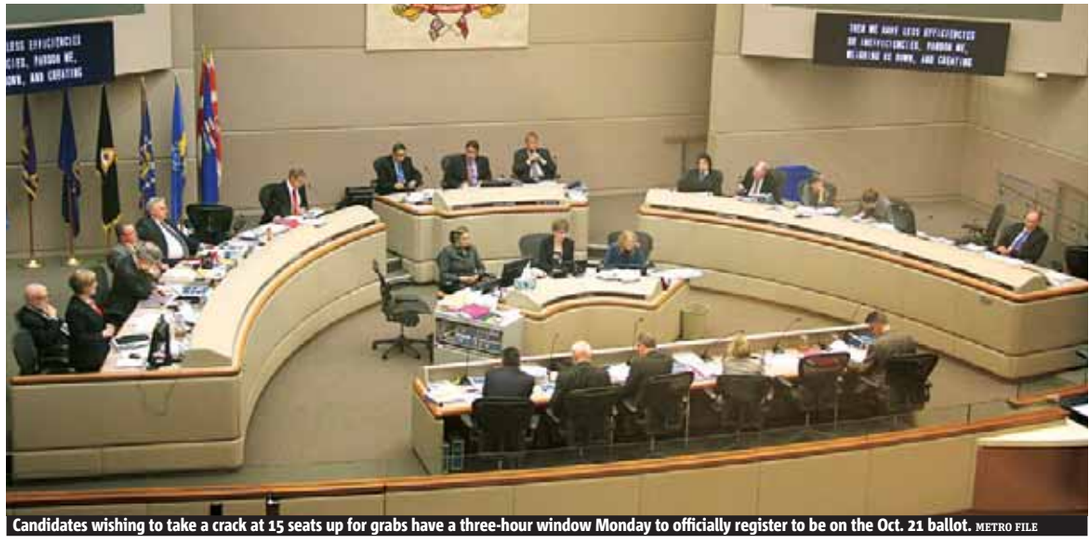
"If (the incumbents) voted in favour of spending on something other than what's happening in the classroom, they're going to have a hard time defending it," she said, adding it will be critical for returning trustee hopefuls to put the blame for classrooms with 40 or more students squarely on the provincial government.

As of Sunday, it was expected that at least two candidates would throw their hats into the ring in every Calgary Board of Education race, with the exception of wards 8 and 9. That seat will be vacated by outgoing chair Pat Cochrane, and only Judy Hehr, a former principal and teacher, had made her intentions known to run there.

Reached Sunday, Hehr said she plans to assist other candidates if acclaimed on nomination day Monday but declined to say exactly who she hopes will join her on the board.

"What I'd like to do is begin my work within the community, and I hope to still be able to see how many school councils I can possibly meet with," she said.

JEREMY NOLAIS/METRO



Candidates wishing to take a crack at 15 seats up for grabs have a three-hour window Monday to officially register to be on the Oct. 21 ballot. METRO FILE

Council candidates to make it official

Nomination day. Official registration for Oct. 21 municipal election comes four weeks before the vote

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgarians hoping to sit on city council for the next four years will file into city hall Monday morning to officially register as candidates in the 2013 municipal election.

Sept. 23 is nomination day, marking the "official" kickoff of the campaign.

Of course, actual campaigning began long ago for many candidates, and most serious contenders have already announced an intention to run.

There may be some last-minute surprise signups on Monday, but political observers expect that those who have already indicated their plans to run for council will be the ones who end up on the ballot.

"You could get some surprise candidates of relatively low notability, but I can't imagine anyone too interesting would end up surprising everyone," said Paul Fairie, who teaches a fourth-year course in political science on local government at the University of Calgary.

So far, at least 51 people have indicated they plan to run for the 15 seats around the council table.

Multiple candidates have publicly expressed plans to run for mayor and for councilor in every ward except for one — Ward 5 in northeast Calgary, currently represented by Ald. Ray Jones.

Jones said he's heard at least one other person has taken out nomination papers but doesn't know who that might be or if they'll actually file between the window of 9 a.m. and noon on Monday.

"I never take anything for granted," he said. "Until noon tomorrow, I'm running a campaign like I normally would. And even if I get an acclamation, I'm still door-knocking and I'm still delivering flyers."

Changes

- The city council elected on Oct. 21 will serve a four-year term, from 2013 to 2017. Councils previously served three-year terms.
- The title of elected officials will also change with this election. No longer will the 14 people who sit around the mayor be known as "aldermen," but rather "councillors."
- Earlier this month the city put out a "Calgary General Election 2013" app for smartphones and tablets.

The Honda 2013 MODEL CLEAROUT
it's clearout time!
ALL NEW VILLAGE HONDA
RATES AS LOW AS 0.99% ON SELECT MODELS
OR CHOOSE CASH SAVINGS UP TO $5,000 ON SELECT MODELS
DON'T WAIT! THEY'RE GOING FAST!
NOW OPEN IN THE NORTHWEST AUTO MALL • CALL: (403) 451-6153 • www.VILLAGEHONDA.com
AMVIC Alberta Motor Vehicle Industry Council
AMVIC LICENSED. ALL OFFERS OAC. ALL REBATES TO DEALER. VEHICLES MAY NOT BE EXACTLY AS SHOWN. ALL OFFERS END 09/30/13. SEE DEALER FOR FULL DETAILS.

Sign erection stirs objection pre-election

Signs for both Ward 14 incumbent Peter Demong and challenger Shawn Kao are seen on a treasured patch of grass in Lake Bonavista. As the election campaign kicks into gear, some candidates are sparring over proper etiquette for campaign placards. GLENN KELLY/FOR METRO

Placard posturing. Bylaws not being broken, but tensions flare between rivals

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Turf tiffs became a common sight over the weekend as Calgary municipal-election candidates aimed to stake their spot in heated ward races.

Shawn Kao, a challenger for the council seat in Ward 14, took to Twitter Saturday to criticize the placement of signs supporting incumbent Peter Demong.

"I guess u really love my sign locations," Kao said, including a picture of three smaller Demong placards surrounding one of his. "Thought u wanted to run a respectful race."

A back-and-forth exchange ensued for a few hours between the candidates, with Kao also taking issue with the metal stakes used to plant his opponent's signs.

Reached Sunday, Demong said he'd complied with the wishes of his challenger.

"I'm quite certain that my volunteers were going by the letter of the law, but people tend to get overzealous at times," he said. "They're rooting for you and they do the best they can."

Kao, meanwhile, said he was satisfied with Demong's efforts and hoped for a campaign with less sign-related "craziness" than in the 2010 election, when he placed third. There were six candidates in that race, compared to just two so far this time around.

"I'll tell you, in 2010 it was very frustrating because you basically had to have a full-time sign person or two, going around to check your signs ... replacing them, fixing the signs," Kao said.

Also on Saturday, wards 5 and 10 Calgary Board of Education incumbent Pamela King took to Facebook slamming the placement of campaign signs prior to nomination day as "unethical."

King said she also initially believed the placement of signs belonging to challenger Larry Leach had violated city bylaws, but she has since learned she was mistaken and apologized in an interview.

Still, King said, "to see signs all over the place, it just clutters up your neighbourhood and I don't know really that it does a whole lot."

But Leach said he would listen to voters — not his opponent — if they have sign-related concerns.

"When you're running in two wards and you have small budgets and small amounts of volunteers, you have to get started at some point," he said. "To do it inside a month gives an advantage to the incumbent."

Follow Jeremy Nolais on Twitter @Metro_Nolais

Rules

A full list of regulations for election signs can be found at calgary.ca. Anyone caught violating the rules can face fines worth $50 to $2,000.

ABM COLLEGE
GET JOB READY FAST! Enroll Now.
Become a Health Care Aide in less than 5 Months
We offer Alberta Government approved programs, that lead to a rewarding career
Funding and employment services available
Clinical Practicum included
Flexible class schedules: Mornings, Afternoons, Evenings and Weekends
Hurry! Program starts soon
403.719.4300
Suite 200, 3880 - 29 Street NE, Calgary
info@abmcollege.com www.abmcollege.com
Other Programs include:
Medical Lab Assistant • Medical Office Assistant
Pharmacy Assistant • Massage Therapist
Business Administration • Accounting & Payroll • Security Guard

Ward 6. Ex-alderman aims for return to council table

Running against an experienced alderman is considered an uphill battle for a challenger, so Bob Bowles has his work cut out for him in Ward 6.

The first-time candidate is up against not one but two opponents who have already sat at the council table — incumbent Ald. Richard Pootmans and former alderman Joe Connelly, who revealed over the weekend he plans to take another crack at the seat.

"I'm glad he's running," Bowles said of Connelly's decision. "Joe represents the far right, Richard represents the far left.... I'm coming up the middle."

Connelly made no bones about his conservative leanings, saying it's the current council's repeated tax increases that led him to seek the Ward 6 seat again after giving it up in 2010 to make an ultimately unsuccessful run for mayor.

"The $52 million I would say was the straw that broke the camel's back," he said, referring to the unclaimed provincial "tax room" council opted to put toward flood repairs this year rather than refund to ratepayers.

Pootmans, for his part, welcomed Connelly's entrance into the race and disputed Bowles's characterization of him as "far left."

"If you look at the scale of social-fiscal responsibility, I'm right in the middle," he said. "I think my voting record — certainly votes on tax and financial matters — reflects that, as well." ROBSON FLETCHER/METRO

Ward 6 incumbent Ald. Richard Pootmans, left, and former alderman Joe Connelly both plan to run for the council seat in the civic election. METRO FILE

Election

Poli-sci profs watch wild-card wards

The closest and least predictable races in Calgary's municipal election are likely to be in wards with no incumbents and those where incumbents are facing "strong and well-financed challengers," say local political-science professors.

"Where we've got the Manning Centre-trained and -funded people who appear to be running on something that looks a bit like a slate, I think we should expect some lively races," Lisa Young with the U of C said Sunday.

Paul Fairie, who teaches local government at U of C, expects Ald. Druh Farrell to see a particularly strong challenge from Kevin Taylor in Ward 7, and Ald. Brian Pincott to face a tough opponent in James Maxim in Ward 11.

With no incumbents running, Ward 1 and Ward 2 will also be ones to watch, Young said.

"It's hard to really know who is a front-runner in a municipal race because nobody's doing any polling and we can't use party labels," she said.

ROBSON FLETCHER/METRO

The phone you want.
The network you can rely on.

iPhone 5S

Get iPhone 5s on Canada's most reliable* 4G network.

Plus, pair it with a TELUS SharePlus Plan and get:

- Unlimited nationwide talk & text†
- Ability to add a line for as low as $35/mo.
- Shareable data‡

Find out more at **telusmobility.com/iPhone5s**

TELUS
the future is friendly®

TELUS STORES & AUTHORIZED DEALERS

Airdrie
2145 Summerfield Blvd

Calgary Northeast
Country Hills Town Centre
Marlborough Mall
Pacific Place
Sunridge Mall
1353 32 Ave NE
2520 23 St NE

Calgary Northwest
Beacon Hill Centre
Market Mall
North Hill Centre
Northland Village Mall
822 Crowfoot Cres NW

Calgary Southeast
Deerfoot Meadows
Shepard Centre
Southcentre Mall
1288 42 Ave SE
3012 17 Ave SE
4410 50 Ave SE
6039 Centre St South
7845 Flint Rd SE

Calgary Southwest
Bankers Hall
Bow Valley Square
Chinook Centre
The Core
Westbrook Mall
Westhills Town Centre
321 6th Ave SW
2008 33 Ave SW
4623 Bow Trail SW
4825 Macleod Trail SW

Cochrane
201 Grand Blvd West
312 5 Ave West Bay 15

Okotoks
118 Elizabeth St
31 Southridge Dr

Rocky View
CrossIron Mills

Strathmore
55 Wheatland Trail
331 3 Ave

For more details, visit your TELUS store, authorized dealer or retailer, or call 1-866-264-2966.

BEST BUY · BLACK'S · FUTURE SHOP · THE MOBILE SHOP · LONDON DRUGS · Walmart

*Based on testing of voice-call success rates, data-session completion rates and industry-standard call-quality measures against other national wireless service providers in metropolitan areas across Canada. †Premium and subscription messages are not included. Customers with devices not able to display picture or video messages will receive a text message that includes a web address for viewing. ‡Only one SharePlus Plan subscriber on the account requires a data option. That data can be shared with up to four additional devices. The first device on each TELUS SharePlus Plan must be a smartphone, Smartphone Lite or other mobile phone. Compatible phone required for BYOD option. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. Apple, the Apple logo and iPhone are trademarks of Apple Inc. All other trademarks are the property of their respective owners. © 2013 TELUS.

Teachers call for strict class-size limits

40-plus is a crowd. Overstuffed classrooms are causing problems all across province, union says

Alberta teachers are calling on the province to establish hard caps on classroom size amid claims of cramped learning spaces around the province.

In Calgary alone, numerous reports have emerged of high school students being squeezed into rooms with more than 40 of their peers.

But Mark Ramsankar, president of the Alberta Teachers' Association, said problems are being felt across all grades in both rural and urban school boards. He said complaints from members this year have far exceeded those logged in any other year in recent memory.

"This is a brand-new ball game," he said Sunday. "What we're seeing is the effects of other parts of the (provincial) budget also impacting class sizes."

The ATA conducted polling in February and again in May to determine, among other things, support for establishing regulations on maximum class sizes. The most recent survey found 86 per cent of Albertans either strongly or moderately agreed with the need for such standards.

JEREMY NOLAIS/METRO

Teachers are being run off their feet trying to meet the needs of continually increasing class sizes, says the head of a representing association. METRO FILE

2013 FLOOD RECOVERY

Giving you the information you need to rebuild your life.

Flood information sessions

We know you need the right information to continue to rebuild and recover from this summer's flooding, and to better protect your property from future flood damage.

The Government of Alberta is hosting information sessions to share the most accurate information and answer your questions.

CALGARY
Monday, September 23, 5 pm to 8 pm
The Glenmore Inn & Convention Centre
2720 Glenmore Trail SE

HIGH RIVER
Tuesday, September 24, 5 to 8 pm
Highwood High School
1033 – 1 Street SW

We're rebuilding communities together. To learn more, visit **alberta.ca** or call **310-4455** toll-free.

Alberta Government

Damage control. Coca-Cola donates to charities after bottle-cap controversy

Soft-drink giant Coca-Cola is making donations to two major Canadian charities after an Edmonton woman found a cap stamped with a derogatory English phrase.

Blake Loates was at an Edmonton eatery last week when she ordered a bottle of Vitaminwater, a Coca-Cola product, and she was shocked to find the words "You retard" stamped on the underside of the lid.

The words were included as part of a promotion that mashed up French and English words for a funny phrase.

After Loates's family, who has twin developmentally disabled girls, raised concerns with Coke, the company issued a public apology for the oversight, and outlined steps being taken to fix the issue.

"This word should not have been included due to the English connotations and we have taken action," David Thomson, vice-president of still beverages for Coca-Cola Canada, wrote in a Sept. 19 letter to Doug Loates.

"This includes cancelling the promotion, stopping production of bottles with these caps and destroying any remaining caps within our inventory."

Now Coca-Cola has gone one step further.

They realize that other bottle caps may contain the words, and they extended their apology in advance to those people.

They also announced they will be making two $50,000 donations: one to Easter Seals Canada and the other to United Way Canada earmarked for "diversity and inclusion programs across the country."

METRO

Coca-Cola will be making two $50,000 donations to two Canadian charities after a botched promotion that left this Edmonton woman shocked by what she found on the underside of a bottle cap. METRO FILE

Your city. Your home.

Our job is to help take care of it.

From times of adversity to triumph, our city rises above the challenges that come with being Canada's fastest-growing city.

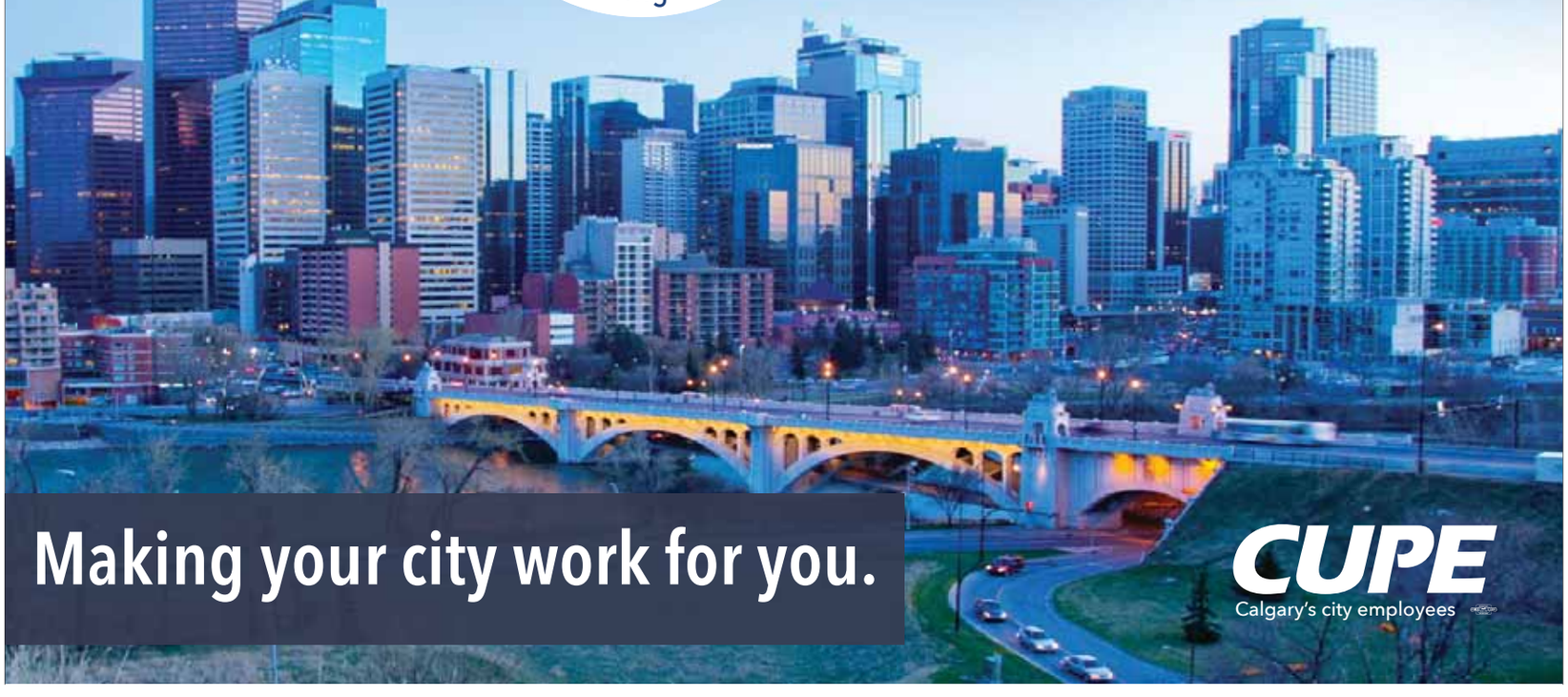
At CUPE, we are proud to provide quality public services to Calgarians as our city grows — smartly.

Smart growth is planned growth

We've seen the damage that comes from uncontrolled growth in other cities – property taxes soar while public services are stretched.

Our city, our families, and our future deserve better.

That's why we believe in smart, planned growth — it's the best way to keep taxes affordable, property values high and public services working for you every day.



Making your city work for you.

CUPE
Calgary's city employees

You're our reason to celebrate

DROP BY FOR CLIENT APPRECIATION DAY ON FRIDAY SEPTEMBER 27TH 2013

Enter for your chance to win* a Gold or a Silver Maple Leaf coin. See in-branch for full contest details.

Refreshments will be served. Ask about our special offers.

CIBC FOR WHAT MATTERS.

*No purchase necessary. See full contest details and enter at physical CIBC branches in Canada on Sept. 27, 2013 during opening hours. Limit 1 entry per person per branch. 1 prize of a 1 OZ silver coin (ARV: $25) available at each of 1,109 participating branches. 1 prize of a 1 OZ gold coin (ARV: $1,625) and 1 prize of a ½ OZ gold coin (ARV: $827) available for each of the following 6 regions: 1) BC, NT, YT, NU; 2) AB; 3) SK and MB; 4) ON; 5) QC; and 6) NB, NS, PE, NL. Open to Canadian residents excluding minors. Odds of winning a Silver prize depend on number of ballots at each branch. Odds of winning a Gold prize depend on the number of ballots in the applicable region. Limit 1 Gold prize per person. Math question required. Image copyright Royal Canadian Mint 2013 - All rights reserved. "CIBC For what matters." is a TM of CIBC.

Traditional Chinese lion dancers lead participants as they begin the Scotiabank AIDS Walk For Life on Sunday.
GLENN KELLY/FOR METRO

AIDS walk focuses on HIV testing

Annual event. Since 1994, AIDS Walk For Life has exceeded $1.5 million in fundraising

GLENN KELLY
calgary@metronews.ca

It was a beautiful day for a walk in the park as hundreds of Calgarians flocked to Eau Claire plaza for the city's 19th annual Scotiabank AIDS Walk For Life Sunday.

With 700 participating in a jaunt through Prince's Island Park, the event raised more than $110,000 in support of the AIDS Calgary Awareness Association (ACAA) and those impacted by the disease. According to the association's executive director, Susan Cress, the main themes of this year's walk were the importance of testing and encouraging the public to get tested for HIV in order to prevent the virus from spreading.

"We have come such a long way in our community, understanding HIV, understanding AIDS," she said. "Now is the time for us to do that last push, encourage people to get tested, to know their HIV status. Testing is everything in terms of prevention."

Walk For Life has raised more than $1.5 million for the fight against HIV and AIDS since it was founded by the ACAA in 1994.

"I think every year after this event, it doesn't just fill the cash bucket, it fills the emotional bucket for our staff and for our volunteers," she said. "It's like, 'Aha! We've got some momentum here, we're moving the wheel.' So this is really important for us."

Funds raised

$110K

The amount of money raised at the Scotiabank AIDS Walk For Life Sunday

Health

Air-quality advisory issued, then lifted

An air-quality advisory issued for Edmonton Saturday was lifted Sunday.

Alberta Health Services warned air quality could fluctuate over the next few days, depending on weather conditions. The information is available at environment.alberta.ca or through the toll-free information line 1-877-247-7333.

Anyone with health concerns can also contact Health Link Alberta to speak to a registered nurse 24 hours a day, seven days a week, toll-free at 1-866-408-LINK (5465). METRO

Okotoks. RCMP seeking information on clerk stabbing at gas station

Police in Okotoks are on the hunt for a suspect in a robbery that turned into a stabbing at a gas station over the weekend.

Okotoks RCMP were called to the Fas Gas on Northridge Drive Friday around 8 p.m. after a robbery complaint.

According to police, a man in a black truck pulled up to the pumps and filled the vehicle with fuel. He then went into the store, wandered around, and stabbed the store clerk in the abdomen, police said.

The man fled the scene heading westbound.

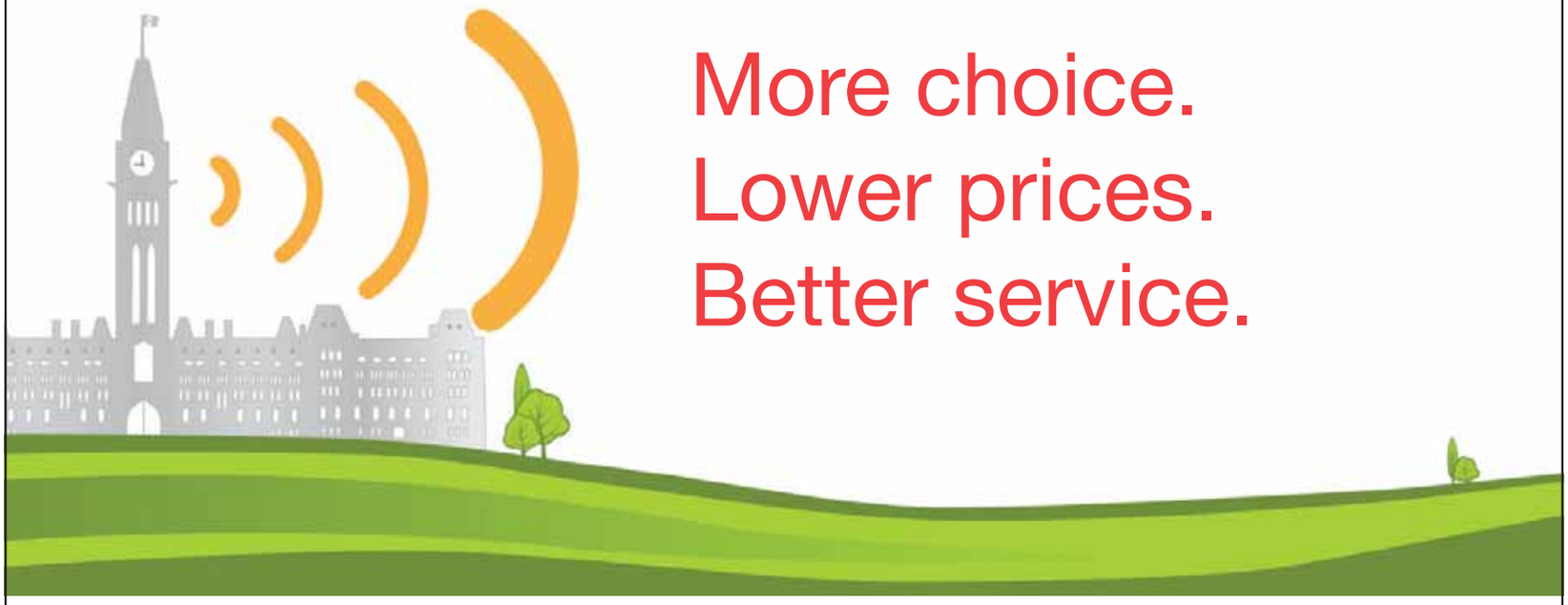
He is described as a 25- to 30-year-old white male, five-foot-seven, with dark curly hair and a short full-face beard.

Police are now looking for a person driving a gold car, who left heading southbound around 7:50 p.m.

They believe this person may have information. Anyone else at the station from 7:30 to 8 p.m. is asked to call RCMP at 403-995-6400.
METRO

Government of Canada | Gouvernement du Canada

Canada's Wireless Policy:



More choice.
Lower prices.
Better service.

There's been a lot of noise about Canada's wireless industry.

Some of Canada's wireless companies say the Canadian government has special rules that favour foreign wireless companies.

But there are no such rules.

The fact is Canadians pay some of the highest wireless rates in the developed world.

And our largest wireless companies hold 85% of the airwaves.

Less noise. More facts.

Visit **Canada.ca/MoreChoices**

Canada

Rescue mission. 'Most' of remaining hostages saved: Kenyan officials

Kenyan's military said late Sunday it had rescued "most" of the remaining hostages held by al-Qaida-linked militants in an upscale Nairobi mall after launching a major operation to end a two-day standoff that had already killed 68 people.

The assault, which began shortly before sundown, came as two helicopters circled the mall, with one skimming very close to the roof.

Kenyan police said on Twitter that a "MAJOR" assault to end the bloody siege had started. THE ASSOCIATED PRESS

Family of Naguib Damji posted his photo on Facebook Sunday, identifying him as the second of two Canadians killed in Kenya. FACEBOOK

Recent attacks

- **October 2011-March 2013.** Al-Shabab staged several attacks that killed more than 60 people in retaliation to the Kenyan government's decision in October 2011 to send troops into Somalia to battle the rebels.
- **July 11, 2010.** Militants from al-Shabab detonated near-simultaneous blasts in Uganda's capital at sites where crowds were watching the World Cup soccer final on large TV screens, killing about 76 people.
- **Nov. 28, 2002.** Militants bombed an Israeli-owned luxury hotel near Mombasa, killing 13 people.
- **Aug. 7, 1998.** Al-Qaida bombed U.S. diplomatic missions in Kenya and Tanzania, killing 224 people.

Canada offers support to Kenyan government

Relatives help a woman at the Nairobi City Mortuary after she identified the body of a victim of the mall attack in Kenya, Sunday. KHALIL SENOSI/THE ASSOCIATED PRESS

Mall attack. Baird speaks to counterpart after Canadian diplomat, businessman killed

Canada offered its support to Kenya Sunday, saying it was "prepared to do more" to help the east African country recover from a horrific terrorist attack that killed at least 68 people, including two Canadians.

Officials have confirmed that diplomat Annemarie Desloges was one of two Canadians killed when gunman opened fire with AK-47s and threw grenades at Nairobi's upscale Westgate mall, a venue frequented by expatriates and wealthy locals.

Media reports and Facebook users identified Vancouver businessman Naguib Damji as the other Canadian victim.

Foreign Affairs in Ottawa also announced Sunday night that as a security precaution Canada's High Commission in Nairobi would be closed to the general public on Monday.

However, spokesman Rick Roth said staff would continue to provide emergency support.

The attack that began Saturday dragged into Sunday, with 10 to 15 terrorists holed up inside the building with a number of hostages as Kenyan authorities mounted an operation to end the siege.

Somalia's radical Islamist rebel group, al-Shabab, claimed responsibility for the attack as retribution for the presence of Kenyan troops in Somalia. THE CANADIAN PRESS

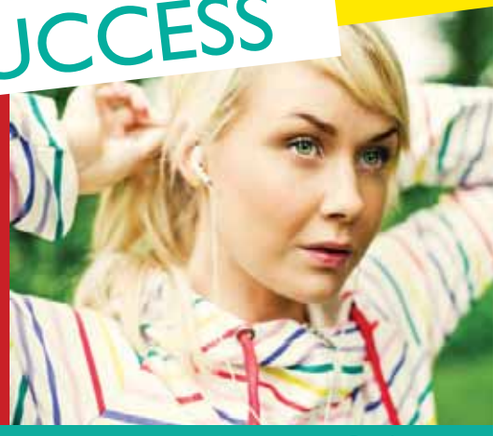
Somalian rebels

"Al-Shabab's despicable actions ... show that the fight against terrorism is the great struggle of our generation."

Foreign Affairs Minister John Baird

DRESS FOR SUCCESS

50% OFF



Active wear • Tank tops • Pants • Shirts
T-Shirts • Blouses • Skirts • Shoes

SEPTEMBER 27TH, 9AM-9PM

THE SALVATION ARMY THRIFT STORE

REFRESH • RECYCLE • RESTYLE

FOR EXTRA SAVINGS PLEASE VISIT OUR SITE AT
WWW.THRIFTSTORE.CA

National Career Day

Wednesday, September 25 from 8 am to 7 pm

Visit us and explore new career opportunities!
Drop by one of our branches with your resume and two professional references.

Top accounting and finance support roles
Accounting Clerk
Accounts Payable Clerk
Accounts Receivable Clerk
Billing Coordinator
Payroll Clerk

Top Administrative support roles
Administrative Assistant
Customer Service Representative
Office Clerk
Executive Assistant
Project Administrator
Receptionist

Visit http://randstad.me/NationalCareerDay to view all of our current openings and branch locations.

Follow us on:

Randstad Staffing
111 5th Avenue SW, Suite 140
Calgary, Alberta T2P 3Y6
T 403.229.4339

randstad

Court battle. Public to see Omar Khadr for first time since capture 11 years ago

Former Guantanamo Bay inmate Omar Khadr is expected to make his first appearance in public since American soldiers captured him as a badly wounded 15-year-old in Afghanistan 11 years ago.

Khadr will be in an Edmonton courtroom Monday for an application to have his ongoing detention in an adult prison declared illegal.

"I want them to see Omar Khadr," his lawyer Dennis Edney said in an interview. "I don't want him hidden away."

Khadr's last court appearance was when he pleaded guilty to five war crimes in October 2010 before a U.S. military commission in Guantanamo Bay, where a few select people were allowed to watch the proceedings in person.

For his guilty plea, he was given an eight-year sentence.

The federal government, which opposes the application, argues Khadr has been appropriately placed in an adult maximum-security facility. THE CANADIAN PRESS

Jeffrey Delisle

Military mad that it could not quietly court-martial spy

The Canadian military was privately furious the Harper government did not allow it to court-martial a naval intelligence officer who sold top-secret information to the Russians, as seen in a newly declassified military assessment of the scandal.

The rules for courts martial give the military wide latitude on what evidence is kept secret. Through the court process, the public learned of lapses in security clearance and that top-secret defence computers were not as secure as the military believed. THE CANADIAN PRESS

Dozens slain in attack after church service

A Pakistani woman holds the lifeless body of her granddaughter in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

Pakistan. Taliban say bombing, which killed 78, is meant to scare off U.S. drone strikes

A pair of suicide bombers blew themselves up amid hundreds of worshippers at a historic church in northwestern Pakistan on Sunday, killing 78 people in the deadliest-ever attack against the country's Christian minority.

A wing of the Pakistani Taliban claimed responsibility, raising new questions about the government's push to strike a peace deal with the militants to end a decade-long insurgency that has killed thousands of people.

The Jundullah arm of the Taliban said they would continue to target non-Muslims until the United States stopped drone attacks in Pakistan's remote tribal region. The latest drone strike came Sunday, when missiles hit a pair of compounds in the North Waziristan tribal area, killing six suspected militants.

The attack on the All Saints Church, which wounded 141 people, occurred as worshippers were leaving after service to get a free meal on the front lawn, said a top government administrator, Sahibzada Anees.

"There were blasts and there was hell for all of us," said Nazir John, who was at the church along with at least 400 other worshippers.

The white walls of the church, which first opened in the late 1800s, were pockmarked with holes. Blood stained the floor and the walls.

The number of casualties was so high that the hospital ran short of caskets for the dead and beds for the wounded, said Mian Iftikhar Hussain, a former provincial information minister who was on the scene. THE ASSOCIATED PRESS

Woman fights to reclaim home declared embassy

'Freemen-on-the-Land.' Growing movement of so-called sovereign citizens is raising concerns with authorities

An Alberta pensioner says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freemen-on-the-Land, a growing movement of so-called sovereign citizens that is raising concerns with authorities both north and south of the border.

"I am an army of one," says Rebekah Caverhill at her home in Sylvan Lake, near Red Deer. "I've been beat up so badly by people that should be helping that I don't know where to turn."

Caverhill rented half a duplex she owns in Calgary's upscale Parkdale neighbourhood to a new tenant in November 2011 on the recommendation of a friend.

The renter, Andreas Pirelli, had recently moved to Calgary from Montreal and was a self-described handyman. She says he agreed to "spruce up" the property in return for three months of free rent.

A few months after Pirelli moved in, Caverhill went to inspect the work and she says she found the entire kitchen and bathroom had been gutted. All the doors inside had been removed and the floor of the master bedroom had been painted black, she says.

But Caverhill learned she had much bigger problems.

'Domestic terror'

- The Law Society of British Columbia and B.C. Notaries have both issued warnings about Freemen. In a bulletin last year, the society said the group may number as many as 30,000 in Canada.
- The FBI considers the movement a domestic terror threat in the U.S.

"He walks me to the door and he's yelling at me, 'I'm a Freemen-on-the-Land,'" Caverhill says. "I said: 'This is my house, not yours.' He said: 'No. This is an embassy house now and it's mine and you have no rights', so then he slams the door." THE CANADIAN PRESS

Rebekah Caverhill says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freemen-on-the-Land. JEFF MCINTOSH/THE CANADIAN PRESS

Community Career Fair

Sunday September 29, 2013 12PM - 4PM

Meet BMO business representatives and learn about career opportunities.

Opportunities in Personal Banking

Customer Service Representative

As part of a team of financial professionals, you will consistently deliver great customer experiences within a branch environment. You will fulfill the transactional needs of personal and commercial customers, proactively identifying and discussing customer needs.

BMO Financial Group

LOCATION
Bank of Montreal
Brentwood Branch W
3517 Charleswood Drive N.W

Directions: Branch is located North of Brentwood C-Train Station, NW Calgary
Please apply for these postings at www.bmo.com\careers

NEXT STOP, COLLEGE.

Academy of Learning Career College prepares students for a future full of opportunity.

TRAIN FOR A NEW CAREER IN ONE YEAR OR LESS!

Health Care Aide
Medical Office Assistant / Unit Clerk
Legal Administrative Assistant
Hotel and Tourism Management
Marketing Coordinator
Payroll Administrator
Business Management
Network Administrator
Web Designer
and more!

Call Today for more information

Academy OF LEARNING CAREER COLLEGE

www.academyoflearning.ab.ca

CALGARY NORTHEAST (403) 569-8973
CALGARY SOUTH (403) 252-8973

RENFREW 77 years
YOUR DOWNTOWN CHRYSLER CONNECTION
Jeep Clearance
LOWEST PAYMENTS OF ALL TIME!
3 FREE OIL CHANGES*
CarProof VEHICLE HISTORY REPORTS
100% FINANCING AVAILABLE

Pharrell Williams appears at Holt Renfrew's Yorkdale store on Saturday to launch a pop-up shop.
COURTESY GEORGE PIMENTEL/HOLT RENFREW

Holts gets lucky with Pharrell pop-up shop

Retail. Omnipresent producer celebrates 10 years of Billionaire Boys Club clothing line by visiting Toronto store

At 40, the perennially youthful Pharrell Williams could easily be mistaken for a man half his age as he continues to loom large behind the scenes and on the front lines as a sought-after hitmaker.

Williams is heading into fall riding the wave of a successful summer that saw him as a featured player on two ubiquitous hits.

His smooth vocals coloured Robin Thicke's R&B anthem Blurred Lines and Daft Punk's disco-esque Get Lucky. Williams will soon be back in collaborative mode with Miley Cyrus, teaming up with the pop star on her new album, Bangerz, due out on Oct. 8.

In the meantime, the omnipresent hitmaker is marking a major milestone outside of music: the 10th anniversary of his Billionaire Boys Club clothing line, which includes graphic tees, hoodies, board shorts and denim.

In celebration of the anniversary, he made a special appearance at Holt Renfrew's Yorkdale location in Toronto on Saturday where a pop-up shop inspired by Williams was launched by the retailer.

Slated to be open until the end of October, the boutique features items such as hats, hoodies, tees and jackets from Williams' various clothing lines, which also include Bee Line, Billionaire Girls Club and BBC Black.

The retailer will also feature BBC X Holt Renfrew, a line of exclusive sweaters and T-shirts for men and women with prices starting at $68.

THE CANADIAN PRESS

Do you have a passion for a great smile?
Enroll in Columbia's Dental Assistant Professional Program
FREE courses for eligible students to meet entry requirements.
Imagine the Possibilities
Invest in your Future
Educational program taught by industry experts. Small class sizes with hands-on learning where students receive personal support to help learners succeed. Government Enter a stable, engaging, lifelong career with options for advancement. Grant funding available for eligible students. Dental Assistants are earning between $43,000 to $52,000 per year to start.
COLUMBIA COLLEGE
Call now: (403) 648-2265
www.columbia.ab.ca/m

SONY α make.believe presents
Hear
Use the Universal Language.
Join the Metro Photo Challenge 2013
Enter your photos in any of the six sense-categories and have the chance to explore West Africa with Metro and Reach for Change as our photo reporter.
SONY α make.believe presents
metro PHOTO CHALLENGE
In collaboration with Reach for Change
metrophotochallenge.com

NEW CAR SELECTION

RENFR
DODGE CHRYSLER Jeep
YOUR DOWNTOWN CHRYSLER CON

0% DOWNPAYMENT
FREE TRIP FOR TWO TO VEGAS
UP TO $10,000 CASH BACK

UNBELIEVABLE BUT TRUE 55★45 SALE

WE PAY — YOU PAY

2013 RAM 1500
4X4 SLT
#130827

$33,988
Was ~~$195~~
$87 B/W*

RENREW'S RAPID LUBE

NO APPOINTMENT NECESSARY
SERVICE INCLUDES

- UP TO 5 LITERS OF GENUINE MOPAR OIL
- MOPAR OIL FILTER
- ROTATION OF 4 TIRES
- FREE WINTER TIRE STORAGE FOR THE FIRST SEASON
- FREE 4L WASHER FLD
- PEACE OF MIND INSPECTION OF COOLING SYSTEM, ALL FLUID LEVELS, ELECTRONIC BATTERY TEST, FRONT & REAR BRAKE SYSTEMS, EXHAUST SYSTEM AND SUSPENSION SYSTEM
- PROVIDE WRITTEN REPORT -MANUFACTURES CHECK

$69.95
V6 $74.95
HEMI $79.95

Hemi Environmental handling charges may apply Additional chargers may be applied based on vehicle configuration and potions Synthetic/semi-synthetic oil and fluid disposal. available at additional cost.

2012 DODGE RAM
2500 4X4 DIESEL SLT
#121800 INCLUDES FREIGHT AND ALL FEES

~~$293~~ **$131 B/W**
$49,988

2013 DODGE DART
SXT
#130788 INCLUDES FREIGHT AND ALL FEES

~~$112~~ **$49 B/W**
$19,988

2012 GRAND CHEROKEE
OVERLAND
#130459 INCLUDES FREIGHT AND ALL FEES

~~$281~~ **$126 B/W**
$48,988

2013 GRAND CARAVAN
SXT
#130841 INCLUDES FREIGHT AND ALL FEES

~~$155~~ **$68 B/W**
$26,788

RENFREW
DODGE CHRYSLER Jeep RAM FIAT
YOUR DOWNTOWN CHRYSLER CONNECTION
77 Years

1.888.861.7964
1920 Bow Trail SW
AT THE PUMPHOUSE EXIT

AMVIC Alberta Motor Vehicle Industry Council

RENFREWCHRYSLER.COM

TRADES NEEDED - PAID OR NOT!

PROUDLY SERVING ALBERTANS FOR OVER 77 YEARS!

REW 77 Years
NECTION

CarProof VEHICLE HISTORY REPORTS

PRE-OWNED SPECIALS

Jeep Clearance

JUST ARRIVED

LOWEST PAYMENTS OF ALL TIME!

3 FREE OIL CHANGES*

100% FINANCING AVAILABLE

DEMO MODEL CLEARANCE

31 ALMOST NEW CHRYSLER, JEEP AND RAM'S! LOW KM MODELS AVAILABLE NOW! TOO MANY TO LIST... 200'S, 300'S, CHARGER'S, CARAVAN'S, DURANGO'S, AVENGER'S, DART'S RAM 1500'S, 2500'S!

CALL NOW! ASK FOR PRE-OWNED SALES

2013 JEEP CHEROKEE LOREDO X

ONLY 20,500 KM

LEATHER
SUNROOF
BACK UP CAM
REMOTE START

WOW! NOW ONLY $37,888

$125/WK
0 DOWN

2012 JEEP WRANGLER UNLIMITED SPORT

ONLY 33,000 KM

3.6L V6
AUTO
PW
PL
TINTED WINDOWS

$30,888 $110/WK

2012 JEEP WRANGLER UNLIMITED SAHARA

ONLY 12,286 KM

3.6L V6 MANUAL
CLIMATE CONTROL
T-TOP
POWER LOCKS

$32,888 $110/WK

2008 JEEP WRANGLER X

3.8L V6
MANUAL
PW
PL
SKID PLATES
60 MONTH TERM

$20,760

2010 JEEP WRANGLER RUBICON UNLIMITED

66,934KM'S
A/C, PW, PL
KEYLESS ENTRY
STABILTY
CONTROL

$27,995 $115/WK

2008 JEEP WRANGLER SAHARA

3.8L V6
AUTO
PW
PL
CLIMATE CONTROL
72 MONTH TERM

$19,995 $86/WK

2013 JEEP WRANGLER

ONLY 9,000 KM

POWER WINDOWS
POWER LOCKS

$22,888 $79/WK

2012 RAM 1500 OUTDOORSMAN

RAM BOX!

5.7L V8 4X4
ONLY 32,000 KM

$32,888 $110/WK

2013 RAM 1500 PICKUP LARAMIE

ONLY 7,000 KM

5.7L HEMI, AIRLIFT SUSPENSION, RAM-BOX. LEATHER
NAVIGATION
SUNROOF
MSRP $61,115

$45,888 $147/WK

2011 JEEP PATRIOT SPORT/NORTH

ONLY 10,943 KM

2.4L AUTO
LEATHER

CALL FOR PRICE

2011 JEEP GRAND CHEROKEE OVERLAND

HEMI, AUTO
HEATED /VENTI-LATED LTHR SEATS,
BACK UP SENSOR
BLUETOOTH
NAVIGATION

$39,995 $138/WK

2008 JEEP PATRIOT

2.4 L AUTOMATIC
LEATHER SEATS
A/C

$11,888 $79/WK

2013 JEEP GRAND CHEROKEE LAREDO X

ONLY 17,791 KM

3.6L V6
LEATHER INTERIOR
HEATED SEATS
BACK UP CAM
SUNROOF

$39,995 $138/WK

FRESH FALL TRADES

2008 VOLVO S60

ONLY 96,000 KM

LOADED
LEATHER
SUNROOF

$13,888 $60/WK

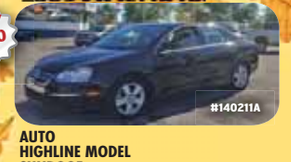
2013 BUICK VERANO SEDAN

ONLY 3,800 KM

LEATHER
SUNROOF
BACK UP CAM

$24,888 $85/WK

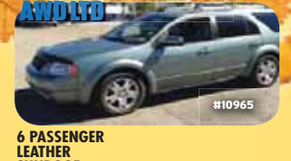
2009 VW JETTA TDI



AUTO
HIGHLINE MODEL
SUNROOF

$19,650 $85/WK

2005 FORD FREESTYLE AWD LTD



6 PASSENGER
LEATHER
SUNROOF

$9,888

2008 MITSUBISHI OUTLANDER

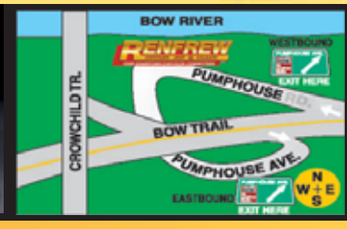
6 PASSENGER
LEATHER
SUNROOF

$14,995 $70/WK

CALL TODAY OPEN 9AM-9PM

CarProof VEHICLE HISTORY REPORTS

SIRIUS SATELLITE RADIO



USED : * With your purchase of a pre-owned vehicle from Renfrew. See dealer for complete details.

NEW: OAC. Free maintenance is 2 free oil changes in the first 6 months and the free fuel will average around $500 per vehicle (based on the average kilometer driven per month). Max value of gas card is $500. Biweekly payments based on 96 months @4.49%. All re-bates and bonus cash to dealers. Vehicle price is plus GST. See Dealer for details. Example of the cost of financing a vehicle at 4.49%, 2013 Dodge Caravan is $4028 or $5949 with $10,000 cash back. Payment relief and 0 down payment are both OAC.

TOP DOLLAR FOR TRADES! YES WE CAN FINANCE EVERYONE! 100% FINANCING AVAILABLE!

0% DOWN PAYMENT
FREE TRIP FOR TWO TO VEGAS
$10,000 CASH BACK
55 45 SALE
WE PAY
YOU PAY
UNBELIEVABLE BUT TRUE
RENFREW 77 years
Jeep
YOUR DOWNTOWN CHRYSLER CONNECTION

WHAT SIDE IS YOUR CANDIDATE ON?

Krause Encounters
Darren Krause
darren.krause@metronews.ca

Today is nomination day for civic elections across the province.

Poli-geeks everywhere will be buried in their smartphones not only to tweet the latest snippet of info they hear but also to offer their perspective on races shaping up for councillor, mayor and school trustee.

One thing I'm sure will see a lot of chatter on is the very obvious divide in the Calgary city hall races.

On one side you have those perceived to be in Mayor Naheed Nenshi's camp, while on the other, those perceived (I stress perceived) to be Manning Centre/homebuilder/fiscal-hawk candidates.

It's been a battle that has been percolating for months now, after the story broke earlier this year about a concerted effort on the part of some in the home-building industry to support those who ran in opposition of anyone considered to be allied with Nenshi.

Many of those same people had their election skills honed by the conservative Manning Centre.

And many of the same names linked to both the above circumstances conspicuously appeared in a newspaper ad last week in favour of "saving" the city-run McCall Lake golf course, currently slated for closure. Interesting rallying point, but whatever. (They said it wasn't a "slate" of candidates.)

I don't want to jump to conclusions on this, nor should you; however, pretending this divide doesn't exist is naive. It will be one of the focal points in our city's civic election.

Yes, I said the divide exists. And, yes, I said some candidates are perceived to be in one camp or the other.

But perception isn't always reality.

That's why you need to be informed.

(Cue lecture on civic engagement.)

This municipal election, unlike those in recent memory, does have a line drawn in the sand.

There's always been those who are fiscal hawks, those who like to spend money, those who say no, those who have pet projects, and those who sit in council with nary a peep — but this year the divide is palpable. It's almost like a party system is forming at the civic level.

Regardless of which side of the fence you fall on, do yourself and your city justice.

If you're going to vote, don't vote because someone appears to ally themselves with one of these causes.

Take the time to find out if they represent you, your community and your city. Find out if their values align with yours.

Spend the time to figure out if this person is who you want representing you for the next four (not three) years at city hall.

Then, make sure you get out on Oct. 21 and vote.

Follow Darren Krause on Twitter @Metro_DK

ZOOM

Scary sky morning, alien warning

MARKO KOROŠEC/SOLENT NEWS

Menacing photo of UFO-like cloud

Storm chaser Marko Korošec, 31, captured this formation while in Tornado Alley, an area across Texas, Oklahoma and Kansas where tornadoes frequently occur.

METRO

A still of an alien spaceship arriving above New York City, which looks like a super-cell storm, taken from the 1996 action sci-fi movie Independence Day, starring Will Smith. COURTESY 20TH CENTURY FOX

Tornado Alley

- Located in the central plains between the Rocky Mountains and Appalachian Mountains
- The U.S. records about 1,000 tornadoes a year, the most in the world

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

ISTOCK

The weather has taken a turn toward the cooler days of fall, so it's nearly time to put away the outdoor grill and start making heartier meals in the kitchen. If your skills have rusted a bit over the summer — or you're a complete noob — here's a few online destinations to help you get up to speed.

Feast:

As soon as you hit the home page, you're asked to enter your email address. If you're a beginner, sign up for the week-long Crash Course of easy lessons with a healthy side of humour emailed directly to you. Already capable of some entry-level kitchen wizardry? Take a shot at making kimchi in fermentation class or locking down the best way to gather some orange zest. (letsfeast.com)

America's Test Kitchen:

If you're ready to try your hand at some more complicated fare, the large catalogue of recipes, lessons and instructional videos available here are a domestic treasure trove. There's good stuff here for beginners too. But it wouldn't be the best use of your membership dollars. (onlinecookingschool.com)

Culination:

OK, so this isn't an operating site. However, it is a very intriguing Indiegogo crowdfunding effort aimed at creating what it calls the "largest library of cooking lessons in the world," all accessible by a custom-built interactive platform. The perks for funders are an easy win if it reaches its potential. (indiegogo.com/projects/culination)

Comments

metronews.ca

RE: Campaign To Halt Peru Cat-Eating Festival, published Sept. 20

All in the name of religion, what does that say? Sad that they hid behind the rituals from a time when food was not available. We find this unpleasant because we have cats for pets. I am sure these people do not care what we think and will continue doing what has been brainwashed in their head under the banner of religion. **Tiggerthe cat posted to metronews.ca**

This falls under m.y.o.b., why should I impose my morality and ethics on these people for a totally ethnocentric behaviour? It makes about as much sense as them making us eat cats. **Peter Justice posted to metronews.ca**

Why do you assume it's more acceptable to eat cows and pigs? Not everyone agrees with your choices, either. **Michael Girouard posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Calgary** Darren Krause • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Blaine Schlechter • **Distribution Manager** David Mak • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO CALGARY** Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • **Telephone:** 403-444-0136 • **Fax:** 403-539-4940 • **Advertising:** 403-444-0136 • adinfocalgary@metronews.ca • **Distribution:** calgary_distribution@metronews.ca • **News tips:** calgary@metronews.ca • **Letters to the Editor:** calgaryletters@metronews.ca

Show business not as usual

2013 Emmy Awards. Early surprises as best supporting actress Merritt Wever delivers 'best speech ever'

Neil Patrick Harris, host of this year's Emmys, got some help early on by Jimmy Kimmel. GETTY IMAGES

Julia Louis-Dreyfus claimed her second consecutive best comedy actress Emmy Award on Sunday for her role as an ambitious political second banana in Veep, with Jim Parsons claiming the top comedy acting trophy for The Big Bang Theory.

"This is so much good fortune it's almost too much to bear," said Louis-Dreyfus. "I'm very grateful to have the opportunity to make people laugh. It's a joyful way to make a living."

Parsons added to the awards he won in 2011 and 2010 for the role of a science nerd.

"My heart, oh my heart. I want you to know I'm very aware of how exceedingly fortunate I am," he said.

Merritt Wever of Nurse Jackie won the night's first award for best supporting actress in a comedy series, kicking off the ceremony on a surprising note and with a remarkably brief acceptance speech.

"Thank you so much. Thank you so much. Um, I got to go, bye," Wever told the audience after besting a field that included two-time winner Julie Bowen of Modern Family.

"Merritt Wever, best speech ever," host Neil Patrick Harris said.

Backstage, she offered an explanation: "I'm sorry I didn't thank anyone. I was going to cry."

Tony Hale of Veep claimed the trophy for best supporting actor in a comedy, a category that has been the property in recent years of the men of Modern Family.

Homeland's Claire Danes. FRAZER HARRISON/GETTY IMAGES

"Oh, man. ... This is mind-blowing; mindblowing," Hale said.

Robin Williams offered the first of five memorial tributes that were added to the traditional "in memoriam" group tribute.

"Jonathan Winters was my mentor," Williams said of the actor-comedian. "I told him that and he said, 'Please, I prefer idol.'"

Harris started out the ceremony with help — and harassment — from past hosts including Jimmy Kimmel, Jane Lynch and Conan O'Brien. When they started to squabble, nominee Kevin Spacey of the online show House of Cards got a close-up.

Girls creator Lena Dunham. FRAZER HARRISON/GETTY IMAGES

"It's all going according to my plan. I was promised the hosting job this year and they turned me down," Spacey said, channeling the scheming politician he plays on the digital series.

On the red carpet, there were plenty of slit skirts, romantic lace overlays, graphic black-and-white combinations, strategic skin-baring slashes and tough-girl harnesses. Claire Danes of Homeland wore a champagne-coloured beaded gown and Robin Wright of House of Cards was in a black silk-cady gown.

Other early winners included Tina Fey and Tracey Wigfield, who won for best writing for a comedy series for 30 Rock.

THE ASSOCIATED PRESS

Online

- For a full list of winners and more Emmy coverage, go to metronews.ca.

innovation that excites

4 DAYS ONLY SEPTEMBER 19-23

MY NISSAN MY TIME CLEAROUT

GET AN ADDITIONAL $1,000 CASH BONUS
ON TOP OF ALL CURRENT IN-MARKET OFFERS ON SELECT MODELS

FIRST TIME BUYER PROGRAM | NEWBUYER.SUNRIDGENISSAN.COM
$500 DOWN PAYMENT ON US!

$500 $ $500

SUNRIDGENISSAN.COM SUNRIDGENISSAN.COM SUNRIDGENISSAN.COM SUNRIDGENISSAN.COM

MSRP: $26,593
2013 ALTIMA 2.5 S
$21,593 $5,000 IN SAVINGS!
$126 B/W*3
OR
FINANCING OPTIONS AS LOW AS 0% OR LEASE RATES FROM 1.9%
SN130219

MSRP: $39,349
2013 MURANO SV
$31,505 $7,844 IN SAVINGS!
$221 B/W*2
AWD, MOONROOF, ALLOY WHEELS, WELL EQUIPED!
HUGE MURANO SELECTION TO CHOOSE FROM!
SN319333

MSRP: $27,128
2013 ROGUE
$21,128 $6,000 IN SAVINGS!
$143 B/W* or $321 /MO. @0.9%**
0% UP TO 84 MONTHS OR LEASE AT 0.9%! OR $5,000 OFF CASH PURCHASES!
A/C, POWER EVERYTHING!
SUNROOF, ALLOYS!
SN013526

MSRP: $22,993
2013 JUKE SV
$19,993 $3,000 IN SAVINGS!
$126 B/W*4
AUTOMATIC, POWER EVERYTHING, A/C CD! ALLOYS!
SN316003

ENTER DAILY FOR A CHANCE TO WIN DAILY PRIZES!
NISSANSUMMERSWEEPSTAKES.CA

FALL SERVICE SPECIALS
Mon - Fri 7AM to 6PM
Saturday 8AM to 5PM
Sunday CLOSED
CALL TO SCHEDULE AN APPOINTMENT TODAY!
403-207-2466

SUNRIDGE NISSAN
403-291-2626
SUNRIDGENISSAN.COM
3131 32 Ave NE, Calgary, AB

Kaizen PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

*84 MONTHS FINANCE @ 0.9% O.A.C. DOWN. **60 MONTHS LEASE WITH $0 DOWN. 2* 84 MONTHS FINANCE @ 0.9% $500 DOWN O.A.C. ***CASH PRICE BASED ON MURANO OWNER LOYALTY OF $1000. SEE DEALER FOR DETAILS. ALSO PAYMENTS BASED ON 1% DISCOUNT ON MURANO LOYALTY 3* 96 MONTHS @ 4.99% OAC 4* 84 MONTHS FINANCE @ 1.9% $500 DOWN O.A.C SEE DEALER FOR FULL DETAILS. PAYMENTS O.A.C. PRICES DO NOT INCLUDE GST. BRITISH COLUMBIA EXEMPT VEHICLES MAY NOT BE EXACTLY AS SHOWN.

Icona Pop stays up All Night

Aino Jawo and Caroline Hjelt of Icona Pop love dancing, good music and just kicking it with other people. GETTY IMAGES

I don't care. Life shouldn't be this fun — but it is for the wildly successful synth pop duo

ALEXANDRA CAVALLO
Metro World News in New York

Hard partying young bands have a long tradition of trashing hotel rooms. On their most recent tour, however, Icona Pop's biggest offence wasn't throwing the TV off the balcony or throwing up in the ice bucket. It was scaring the crap out of the maid.

"In the closet of a hotel room, we built a little singing booth," says Caroline Hjelt, one half of the Swedish synth-pop duo.

"And we were just in there screaming and singing together. We heard that someone was in the room and we stepped out and it was housekeeping. She got so scared, she didn't know what the f— was going (on) … and then two girls come out from the closet. She was like, 'Oh my god, what's going on here?'"

What was going on there, explains Hjelt, was work. She and bandmate Aino Jawo have been on the road nonstop, touring behind their irrepressible dance party jam I Love It (off their 2012 EP Iconic), and have had almost zero time to spend in the studio recording their upcoming debut album This Is Icona Pop. So they've had to get a little creative.

"This album has been hustling, we've been everywhere recording it," she says. "So we always make sure that we have a microphone, and we have our computers that we can work on, or cellphones, or whatever, that we can just record if we get quick ideas. We've been writing the album for such a long time so I think people are going to hear the journey that we've been through."

That journey has included recording sessions in countless cities across the world — in the backseats of cars, in parking lots and, yes, hotel room closets.

This DIY, devil-may-care esthetic reflects the duo's sound, as well as their outlook on music. These are two girls who just want to have fun. The two met at a party while in college.

"It was just weird energy. We just started writing without even talking about what kind of music we wanted to do," says Hjelt.

"And when we started, we just looked at each other, kind of like, 'Oh my god, we have a band and it's the best band in the world.'"

Review

Who: Ellie Goulding

Where: iTunes Festival

When: Sunday, Sept. 22

•••••

If there's a downside to having a voice as layered and multi-faceted as Ellie Goulding's, one that quickly takes different turns and is seemingly on multiple paths at the same, it's the ever-present danger of it going off the rails.

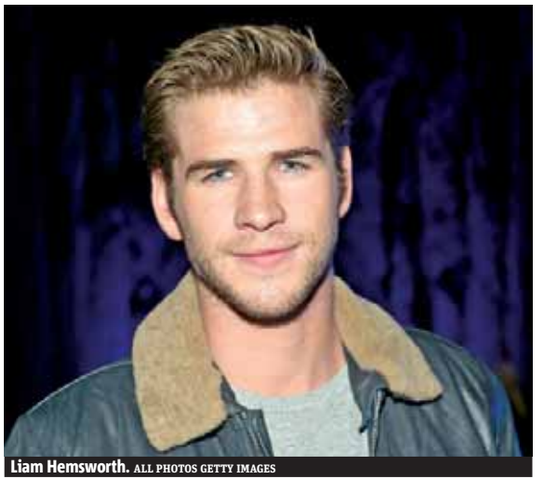
But danger, of course, adds an element of excitement. In Sunday's performance, the U.K. electro-pop singer didn't fail to thrill, adding surprise at every bend while maintaining control of her most-unusual instrument.

Her emotive delivery on Joy, off her latest album Halcyon, was shiver-inducing, full of the sorrow one might expect from a song about the realization of a failed relationship, but then Goulding does an about-turn, giving strength to the line "watch me fall apart" that defies the fragile-bird heard just a moment earlier. On her forlorn cover of Elton John's Your Song, her eyes shine with tears and her voice has what seems like just a hint of sarcasm during the chorus.

Halfway through her performance, Goulding picks herself up off the floor, figuratively speaking. By the time she gets to Anything Can Happen, the sweaty singer is busting out moves that look like they were cribbed from a hop-scotch court, sounding like a high-pitched Stevie Nicks with bleating operatic flourishes, and infusing the crowd with the confidence of the track. Things did get a bit messy at times, like during Under the Sheets, but overall Goulding proved herself, once again, to be one of the most interesting voices in pop music today.

EMINA GAMULIN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA


Liam Hemsworth. ALL PHOTOS GETTY IMAGES

Moving trucks confirm Hemsworth-Cyrus split

As if an official publicist confirmation of the split and photos of Liam Hemsworth kissing another woman weren't enough, photographers caught a sure sign that his relationship with Miley Cyrus is over on Friday as a moving truck was spotted outside Cyrus' Los Angeles home collecting the rest of Hemsworth's belongings, according to TMZ. It was unclear where the truck was headed once it was loaded up, but Hemsworth is back in Atlanta continuing work on the Hunger Games finale Mockingjay. Cyrus, sources say, initiated the split. "(It was) Miley's decision, after coming to grips with Liam being what she believed was less than faithful to her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl's great to work with, now let me out of this basement

POP GOES THE WEEK
Malene Arpe
scene@metronews.ca

North of Hell's Patrick Wilson defends co-star Katherine Heigl against recent criticism that she's hell to work with and says, "She showed up, worked her tail off, super funny, super gracious, great to the cast, great to the crew, and was a total pro." He continues, "she gave everyone back rubs, bought us all new cars and raised the dead in her spare time. May I leave this basement now, Katherine? It's damp and I don't like it here."

Alexander Skarsgard says his team will beat Prince Harry's team on a charity trek to the South Pole. It's for charity. It doesn't matter who wins. Except, of course, if it's so cold Harry and Alexander have to snuggle to stave off frost bite and someone happens to film it, in which case we all win.

I know I did a bad thing but so did Jay-Z! Brown brings up rap legend's past

Chris Brown has had a tough go of it as far as his public image is concerned ever since he was convicted of assaulting Rihanna in 2009, and he's a little tired of how much he still has to put up with being judged about it — especially compared to other entertainers like Jay-Z. "No disrespect, because I'm a fan, but nobody brings up the fact that he stabbed somebody and sold drugs," Brown tells Jet magazine. "He gets a pass."

Chris Brown

WANT YOUR HIGH SCHOOL DIPLOMA?
STRUGGLING TO BALANCE SCHOOL & WORK?
We can help!
WORK AT YOUR OWN PACE ACCEPTING STUDENTS 15-19 FLEXIBLE HOURS
START OUTREACH 4110 - 79 ST NW
403.777.6107
Calgary Board of Education

SCHOLARSHIPS ARE FOR Everyone
OVER $100 million available
Scholarships are not just about grades
Scholarships are not just from schools
365 Scholarships are all year round
Sign Up. Get Matched. Start Today.
www.ScholarshipsCanada.com
SCHOLARSHIPSCANADA.com

POOR CREDIT? NO CREDIT?
CALL TODAY & GET APPROVED
NEED A CAR, TRUCK, SUV OR VAN?
HAVE YOU BEEN DECLINED FOR AN AUTO LOAN BEFORE?
PREVIOUSLY BANKRUPT, POOR CREDIT, NO CREDIT AT ALL OR OUTSTANDING COLLECTIONS?
HELP WITH YOUR AUTO INSURANCE!!
CLEAR OFF OUTSTANDING FINES!!
0 DOWN
UP TO $5000 CASH BACK
NATHAN 403.919.7716
LISA
2008 CHEVROLET TRAILBLAZER LT AM17379
$150 /BW+TAX 0 DOWN
2012 HYUNDAI SANTA FE AM17384
$175 /BW+TAX 0 DOWN
2010 BMW X3 AM12087
$215 /BW+TAX 0 DOWN
2010 FORD F150 XLT 4X4 AM12485
$170 /BW+TAX 0 DOWN
AUTOMAXX
PH 403.276.4000
1.800.902.1941
424 16TH AVE NW CALGARY
CALL US!
CALGARYAUTOCREDIT.COM

Travel bit

Avoid toddler plane hell

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Forget the horror of Snakes on a Plane. If you're a parent, you know that the Terror of Toddlers on a long flight can be even scarier.

It starts with the looks you get from other passengers as you guide your careening youngster down the aisle, and they all cross their fingers, hoping you will not be their seatmate.

Maureen Dennis, founder of weewelcome.ca has been that mom — with four young kids — and shares expert advice after having covered many miles with many toddlers.

"When travelling with toddlers, never plan on them sleeping on the flight. You can hope and pray that they might but there is a very good chance you will be their sole entertainment for the whole flight, which is a challenge in a confined space," she says.

What works best? "Pack a tablet with a movie on it, crayons, playdough, small toys, books, stickers and drinks and snacks for a small village," advises Dennis.

Should you let them stretch their little legs? Dennis doesn't think so. "Leave the walking up and down the aisles for emergencies as toddlers don't understand the seat belt sign and you may end up with a meltdown on your hands trying to get them back in their seat."

KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, AVAILABLE FROM MCCLELLAND & STEWART AT BOOKSTORES EVERYWHERE.

Keep them busy with movies. ISTOCK

Public shaming: the new time out?

Discipline. Putting your kid's bad behaviour on display for the world creates headlines, but disciplinary approach misses mark: experts

When it comes to curbing persistently bad behaviour exhibited by children, is shaming the new name of the game in parental discipline?

Scott Mackintosh recently offered a very public — and buzz worthy — lesson in modesty to his teen daughter, whom he felt was continually dressing inappropriately, by turning the spotlight on himself. The Utah father donned a pair of short-shorts and a "Best Dad Ever" T-shirt for a family night out, resulting in embarrassment for his daughter, pointing and strange looks from observers and the image of Mackintosh in the getup going viral.

Meanwhile, other recent headlines have shown parents putting the misdeeds of their kids — and subsequent punishments — on public display.

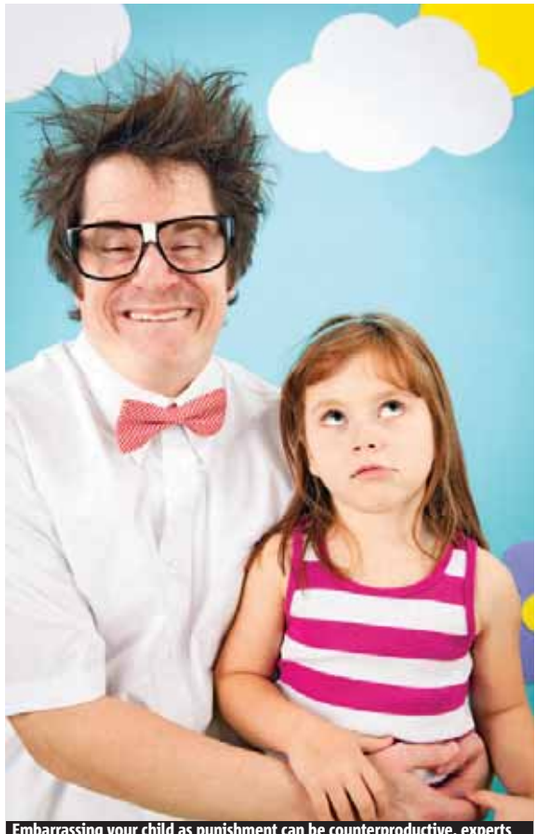
After discovering his daughter's profanity-laced rant railing against chores on Facebook, North Carolina dad Tommy Jordan launched into a tirade of his own — one that's netted more than 38 million views on YouTube. He responds to his daughter's accusations, calls her lazy and concludes by pumping bullets into her laptop.

Earlier this month, a California mom punished her daughter for defying orders not to "twerk" at a school dance by making the 11-year-old stand at a busy intersection holding a sign informing onlookers of her actions involving the suggestive dance move.

Brandie Weikle, editor-in-chief of Canadian Family magazine, said in observing the parental shaming trend in social media, she has found it interesting to see how polarizing the comments are in response to the actions. "There's plenty of people that think: 'Way to go. That's a parent taking a risk or being firm' and they're in favour of it. I guess I'm personally a little wary of that approach," said Weikle, mother of two sons, aged six and 10.

"I would prefer more of a logical consequence, and I'm not certain that embarrassment is necessarily what logically follows from the supposed crime. I'm a bit more in favour of connecting what's gone on to, for instance, a loss of privilege or natural consequence that has unfolded from what the child has done wrong."

Psychotherapist and parenting educator Andrea Nair said when parents use shaming as a disciplinary tool, they may get their children to obey, but likely won't get kids to co-operate — and it could harm their relationship in the process.



Embarrassing your child as punishment can be counterproductive, experts say. GETTY IMAGES

What is discipline?

"...disciplining, at any age, is about correcting and guiding (your child) toward appropriate behaviour."

Peggy Drexler, research psychologist
in a Psychology Today article

"Ridiculing and shaming hurts," said Nair, co-founder of The Core Family Health Centre based in London, Ont.

"If a parent realizes they have hurt their child on purpose (they can go) back and then (do) relationship repair and they think of a plan (and say): 'I was really frustrated. Your behaviour is not appropriate, and I'm trying to find ways to make it stop, so can you help me out here? Let's find a way for this behaviour to change, but without us both needing to be mean to each other.'"

Nair said the more calm and reasonable adults are, the more they'll teach their kids to follow suit. And if they're meeting resistance, she said parents can adopt what she described as the either-or approach.

"You can say: 'Are you going to be able to get off this video game, or am I turning off the Wi-Fi and unplugging the computer. Which is your pick?'" said Nair.

THE CANADIAN PRESS

Fall fusion: Spicy gingerbread meets sweet banana loaf

1. Heat the oven to 325 F. Spray a Bundt pan with baking spray.

Ingredients

- 1 cup buttermilk
- 2 eggs
- 1/2 cup vegetable or canola oil
- 6 very ripe bananas, mashed
- 1 cup packed brown sugar
- 1/4 cup honey
- 1/4 cup molasses
- 2 cups bran
- 3 cups all-purpose flour
- 1 tbsp plus 1 tsp baking powder
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tbsp ground dry ginger
- 1/2 tsp nutmeg
- 1 tsp ground cloves
- 1 cup finely chopped bitter sweet chocolate
- 3/4 cup finely chopped candied ginger

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

2. In a medium bowl, whisk together the buttermilk, eggs, oil, bananas, brown sugar, honey, molasses and bran. Let sit for 10 minutes.

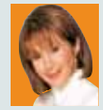
3. Meanwhile, in another medium bowl, whisk together the flour, baking powder, salt, baking soda, cinnamon, ginger, nutmeg and cloves.

4. Once the banana-bran mixture has sat for 10 minutes, add the flour mixture to it and gently stir just until the dry ingredients are moistened. Gently fold in the chopped chocolate and chopped ginger. Spoon the mixture into the prepared pan and bake for 50 to 60 minutes, or until a toothpick inserted at the centre comes out clean.

5. Let cool for 15 minutes in the pan before turning out onto a wire rack to cool completely. THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Ribs and chicken are both favourites for many people but one is clearly a better choice.

Rack of pork back ribs with barbecue sauce

1,440 calories / 86 g fat

Stick to a couple of ribs as an appetizer, never a meal. You're getting a day's worth of calories and fat, all of which is saturated.

Equivalent

One rack of pork back ribs with barbecue sauce is equal in fat to two packages of cooked Maple Leaf bacon.

Half grilled chicken with skin (Swiss Chalet)

530 calories/ 42 g fat

Even half a grilled Swiss Chalet chicken saves you more than half the calories and fat than the ribs.

EASTSIDEKIA.CA
CALGARY'S NORTHEAST KIA SUPERSTORE!
$5000 CASH GIVEAWAY
GUARANTEED WINNER ONLY AT EASTSIDE KIA

KIA GET PAID TO UPGRADE
SEPTEMBER 20TH TO 30TH
ON ALL IN-STOCK KIAs
UP TO AN EXTRA $1,000
UP TO AN EXTRA $1,000
PLUS NO CHARGE REMOTE START
10 DAYS ONLY!

KIA ZERO COMPROMISE SALES EVENT
0% FINANCING UP TO 84 MONTHS ON SELECT MODELS

2013 SPORTAGE LX
STK# 520771
OWN IT FROM $24,045
CASH SAVINGS <$3,775>
10 DAY SALE <$750>
CASH PURCHASE PRICE $19,520
$122/BW 0 DOWN*

2013 SOUL 2U
STK# 626199
OWN IT FROM $21,245
CASH SAVINGS <$2,000>
10 DAY SALE <$500>
CASH PURCHASE PRICE $18,745
$110/BW 0 DOWN*

2014 RONDO LX AUTO
STK# 035536
OWN IT FROM $25,860
CASH SAVINGS <$1,750>
10 DAY SALE <$1,000>
CASH PURCHASE PRICE $23,110
$143/BW 0 DOWN*

2014 SORENTO LX AWD
STK# 443114
OWN IT FROM $30,760
CASH SAVINGS <$2,500>
10 DAY SALE <$750>
CASH PURCHASE PRICE $27,510
$176/BW 0 DOWN*

2014 FORTE LX AUTO
STK# 087305
OWN IT FROM $20,850
CASH SAVINGS <$1,250>
10 DAY SALE <$500>
CASH PURCHASE PRICE $18,830
$114/BW 0 DOWN*

2013 RIO 5 EX AUTO
STK# 882836
OWN IT FROM $20,800
CASH SAVINGS <$2,000>
10 DAY SALE <$500>
CASH PURCHASE PRICE $13,850
$109/BW 0 DOWN*

THANK YOU CALGARY
#1 VOLUME DEALER IN SOUTHERN ALBERTA FOR 2012!
CATRIONA LEMAY DOAN

EASTSIDE KIA .CA

2256 23rd St NE • www.eastsidekia.ca
403.250.2502
CALL OUR APPOINTMENT HOTLINE TODAY AND SEE IF YOU QUALIFY FOR OUR $500 TEST DRIVE

KIA The Power to Surprise

Price and payments include fees but not GST. Payments based on 0 down on 60/84 financing. EG. 2014 financed at 0% - zero cost of borrowing. Vehicles may not be exactly as illustrated. See dealer for details.

Forget trying to have it all — pursue a passion instead

Your best life.
Women need to make choices and not pursue perfection

MEREDITH ENGEL
Metro World News in New York

The ongoing debate about the modern career-minded woman was brought to the forefront again with the release of Sheryl Sandberg's Lean In: Can women really have it all? The perfect home, the darling children and the bustling career — can they be successfully juggled? And why is "having it all" a problem only women seem to have?

At a New York Women in Communications panel discussion on female leadership last week, women at the top of their game offered their opinions on the matter and advice for women trying to balance it all.

"You can't expect perfection," said Cathie Black, the former chairwoman and president of Hearst Magazines (who, by the way, abhors the phrase "having it all"). She referenced Oprah Winfrey's popular "Live your best life" quote, noting the importance of the word "your" in there.

"Life is about imbalance," she added. "There are choices you make."

One of those choices might be accepting that you can't do it all. Jeanine Shao Collins, executive vice-president and chief innovation officer of Meredith 360, recommended that future leaders "be willing to delegate, and be OK with it." And Black added that hiring a nanny to watch the kids isn't going make them forget who their parents are.

Dustee Tucker Jenkins, vice president of public relations for Target, spoke on the importance of saying no and being in a career you truly love to help ease the daily burdens. She re-

called quitting her reporter job on the spot after she was sent to cover a murder case and realized journalism wasn't for her. She also emphasized the role that others play in helping you achieve your personal and professional goals. In her opinion, she said, to "lean in" means to "grab the hands of the women next to me. For me it means trying, failing, getting better, growing."

Tips from a pro

Cathie Black is one of the most respected bosses in the biz. Take her advice and watch your career soar.

- **How to ask for a raise.** "You have to have a reasoned approach," she says. "'I need more money' — that is not my problem. Look at the results: Have you done the job really well? Then you can ask for something."
- **Stand out in meetings.** Black calls the corner seat "the dead zone of the table." Speak up! "If you are going to show up, you are not a visitor — you are a participant."

metro
News worth sharing.

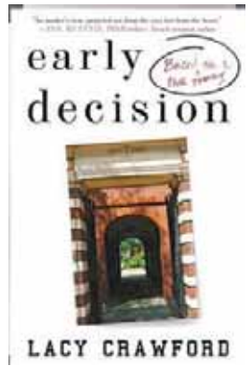
Now Hiring and Training School Bus Drivers
If you have a few hours each school day to supplement your family income, give back to our community, and help our students get to & from school safely every school day, become part of our team.
FREE TRAINING.
Don't miss the bus on this great opportunity.
Call 403-531-3920
We are an equal opportunity employer.
First Student

ELEVEN POINTS LOGISTICS INC.
Your future begins NOW...
JOIN EPL
Now Hiring Experienced stand up Forklift and Order Picker operators for Afternoon and Weekend night shifts - $17.50 plus shift premiums
260199 High Plains Blvd Rocky View County, Alberta
Near Cross Iron Mills Mall/Costco, take 566 east and turn right on 291
OR ONLINE
EPLJOBS.CA

ABM COLLEGE
GET JOB READY FAST! Enroll Now.
Become an Esthetician in 6 Months
We offer Alberta Government approved programs, that lead to a rewarding career
Funding and employment services available
Flexible class schedules: Mornings, Afternoons, Evenings and Weekends
Earn while you learn
Hurry! Program starts soon
403.719.4300
Suite 200, 3880 - 29 Street NE, Calgary
info@abmcollege.com www.abmcollege.com
Other Programs include:
Health Care Aide • Medical Office Assistant
Medical Lab Assistant • Pharmacy Assistant
Massage Therapy • Legal Assistant • Business Administration
Accounting & Payroll • Security Guard

First the alphabet, then university applications

Decision time. Book on college acceptance race was inspired by author's own experiences: she signed her baby up for preschool too late



As a post-secondary school counsellor, Lacy Crawford thought she understood how students and their parents were driven crazy by the application process — until she had a baby. Crawford says that as soon as she was "late" to sign her four-month-old son up for preschool, she truly felt what it was like to walk in the shoes of the parents she'd been advising. That experience became her novel, Early Decision, which follows a top-tier counsellor and her students through the head-spinning frenzy of applications. We asked Crawford about walking the line between fiction and memoir.

How did you find the characters in the book?
All of the stories in Early Decision are based on things that happened. There were interactions between parents and students that really troubled me, that I couldn't get out of my memory and I wanted to try to understand them. I also wanted to write them in a fun way — it's a satire. It's accessible, and it's meant to let parents and students see what this process is doing to us.

So what do you feel the process is doing to us?
I think (the application process) puts the emphasis on getting in rather than growing up. So, I had the characters begin with their essays (the book features college essays from Crawford's fictional students) and I wrote their essays and then I figured out who their parents were and went from there.

It sounds like you're a little bit skeptical about the application process. Is that true?
I'm not an education expert — my experience is only anecdotal, but I think the process privileges the very privileged, the rich kids who attend private schools all the way through, or public schools in towns that have the really good schools. Those are the kids who know what they're competing for and how to compete for it. At the other end of the spectrum, there are underserved young people who, when they can perform, the top colleges are desperate for them. If you are an ethnic minority coming out of a top (or a terrible) public high school and you have great scores, ivy leagues will fight each other for you. In the middle are hundreds of thousands of kids, maybe millions — lots and lots of kids who are good, bright kids, coming out of middling high schools (that) haven't given them the resources they need to know what colleges are out there. And their parents are maybe working full time and maybe not obsessed with Yale, so they don't have the time and the resources to figure out how to give their kids all the boosts that the rich kids are getting.

Does the higher learning application process favour rich kids? ISTOCK

What are your feelings about your own kids and college?
My fantasy for my boys is actually a fantasy for myself. I hope that by the time they are 17, I am so confident of their character and so sure that they know their own hearts that I will be able to support whatever decisions they make.

METRO

Mixed priorities

"I think (the application process) puts the emphasis on getting in rather than growing up."
Post-secondary school advisor Lacy Crawford

Read metro your money every Tuesday for financial tips, trends and advice.
Only in Metro. News worth sharing.

LOVE WINTER? LOVE TO SKI OR SNOWBOARD?
WE HAVE THE POSITION FOR YOU.
NOW HIRING FOR
FULL TIME SENIOR CLOTHING SALES
FULL TIME EQUIPMENT SALES
FULL AND PART TIME SERVICE TECHNICIANS
PLEASE APPLY IN PERSON, WITH RESUME TO
1442-17 AVE. S.W.
SKI CELLAR SNOWBOARD
SKICELLARSNOWBOARD.COM

May I have your attention, please?

Stay focused. A few simple exercises can help increase your child's concentration

There can be plenty of distractions in a classroom — arm your child with a few tricks to help block those distractions out. ISTOCK

Most students could maintain their focus if asked to complete a single activity in a quiet room by themselves. But put 30 children in a room together, and as the noise level increases, ability to concentrate decreases, and attention wanders.

A dropped pencil, a sneeze, a giggle, a bird outside the window — the list of distractions in a typical classroom is endless. Many parents and teachers might be forgiven for concluding that a child has Attention Deficit Disorder (ADD) if they are unable to remain focused, but it's possible many students simply have not been taught how to pay attention.

Nick Whitehead, the CEO of Oxford Learning, says that the increased number of children diagnosed with ADD may not necessarily mean that more children have attention deficits, but that we are not teaching our children the learned behaviour of paying attention.

"In addition to measuring and testing kids for attention deficit, we need to reconsider our lifestyles and the ways we teach children," he explains.

"Many kids can't pay attention because they have not been taught the skill of concentration. I am not trying to claim that attention deficits do not exist, however, many kids who have trouble paying attention do not have ADD. They merely have a short attention span."

Whether your child has been professionally diagnosed, or could simply benefit from better concentration skills, these tips can help all students remain focused and learn better:

Play the attention game. Teach and remind your child to be mindful/self-aware.

Use a cue. Say the child's name first to get his/her attention before giving directions.

Establish routines. Schedule consistent homework/study times and spaces.

Clear the clutter. Within a dedicated workspace, get rid of distractions (TVs, phones, radios, etc.).

Demonstrate. When teaching new tasks, demonstrate them. Repeat as necessary. Be patient.

Get organized. Teach and reteach organization skills. Before starting, break tasks into smaller, more manageable parts and go over all instructions clearly.

Build confidence. Celebrate every success, no matter how minor.

Be positive. Focus on successes, not failures. Look at what your child is doing well and celebrate it.

NEWS CANADA

STUDYING ABROAD CAN OPEN DOORS

FIND OUT MORE ON SEPT. 28

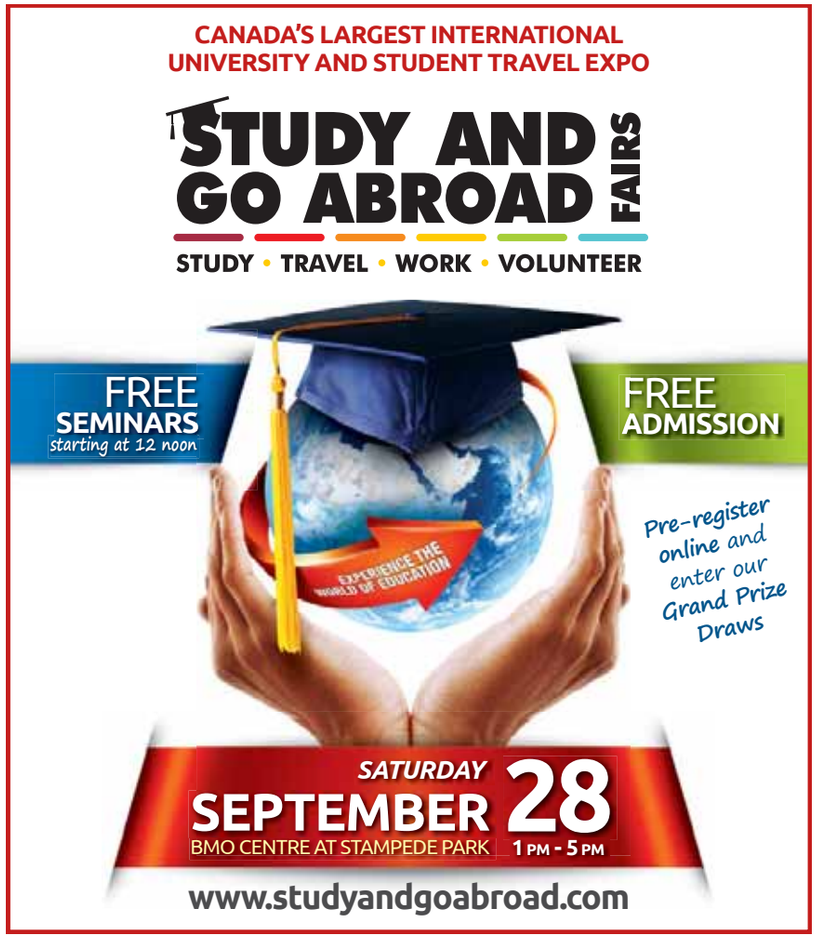
The Study and Go Abroad Fair will take place Sept. 28 at the BMO Centre, Stampede Park, and will feature top-ranking universities and student travel companies from Canada and around the globe offering undergraduate and postgraduate programs, gap year options and adventure travel for students of all ages.

A full program of information seminars on a range of exciting topics is scheduled throughout the day starting at noon with a feature seminar on Study in Australia: A Future Unlimited.

"This is a great opportunity for students to make their dreams a reality," says Anita Kuehnel, director. "There is a misconception that studying abroad is expensive, which doesn't have to be the case. University fees vary greatly depending on the country and the program, and various academic and athletic scholarships are available, especially in the U.S. and U.K."

Universities from the U.S., U.K., Australia, China, Switzerland, Caribbean and many other countries will be showcasing programs in medicine, law, pharmacy, hotel management, business, engineering, technology, science, and culinary and liberal arts, among other fields. Visitors who are planning a gap year, or looking for other travel options can visit the Travel Zone for work abroad, volunteer, and internship programs.

Exhibitor profiles, scholarship information and seminar schedules for the Study and Go Abroad Fair can be found studyandgoabroad.com, along with details of the grand prize draw.


CANADA'S LARGEST INTERNATIONAL UNIVERSITY AND STUDENT TRAVEL EXPO
STUDY AND GO ABROAD FAIRS
STUDY • TRAVEL • WORK • VOLUNTEER
FREE SEMINARS starting at 12 noon
FREE ADMISSION
Pre-register online and enter our Grand Prize Draws
SATURDAY SEPTEMBER 28
BMO CENTRE AT STAMPEDE PARK 1 PM - 5 PM
www.studyandgoabroad.com

METRO CUSTOM PUBLISHING STUDY AND GO ABROAD FAIRS

Tour Championship

Stenson earns big payday in Atlanta

Henrik Stenson capped off the best stretch of his career Sunday with the biggest payoff in golf.

Stenson held off a brief challenge by 20-year-old Jordan Spieth and closed with a 2-under 68 to win the Tour Championship by three shots over Spieth and Steve Stricker. The 37-year-old Swede also captured the FedEx Cup and its $10-million US bonus. Stenson earned $1.44 million for winning the tournament.

Stenson, who two years ago was outside the top 200, moved to No. 4 in the world.

Spieth left one lasting impression on his remarkable rookie season. At 20, the youngest player in Tour Championship history ran off four straight birdies on the back nine at East Lake and pulled within one shot of Stenson with his 10-footer on the 16th.

THE ASSOCIATED PRESS

CFL

DeMarco gets it done vs. Riders

Thomas DeMarco's encore performance Sunday went considerably better than his first.

Making his first CFL start, the B.C. Lions quarterback threw two second-half touchdowns and helped set up Paul McCallum's game-winning field goal with no time on the clock as the Lions took over second place in the West Division with a 24-22 win over the Saskatchewan Roughriders.

THE CANADIAN PRESS

Bears pounce all over Steelers' many errors

NFL. Chicago defence scores two touchdowns to remain perfect on season, Pittsburgh stumbles to 0-3

Sunday Night Football

Bears	Steelers
40	23

The Chicago Bears are unbeaten. The Pittsburgh Steelers can't stop beating themselves.

Major Wright returned an interception 38 yards for a touchdown in the second quarter, and Julius Peppers picked up Ben Roethlisberger's fumble and raced 42 yards for a score in the fourth quarter as the Bears dropped the reeling Steelers 40-23 on Sunday night.

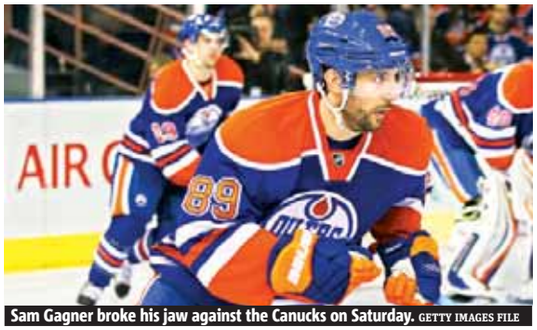
Roethlisberger completed 26 of 41 passes for 406 yards, and threw two touchdowns to Antonio Brown, but the Steelers fell to 0-3 for the first time since 1986 thanks to an avalanche of mistakes. Pittsburgh committed five turnovers, four of which led directly to points by the opportunistic Bears.

Jay Cutler passed for 159 yards and threw a 17-yard touchdown strike to Earl Bennett with just under six minutes remaining to give the Bears breathing room after the Steelers trimmed a 21-point deficit to four.

The Bears rode a pair of fourth-quarter comebacks to a 2-0 start. A rally wouldn't be required this time after the Steelers continued to bumble their way through a miserable September.

Roethlisberger's second interception on a late stat-padding drive was Pittsburgh's ninth turnover through three games. The Steelers defence, meanwhile, hasn't recorded a takeaway through 12 quarters. THE ASSOCIATED PRESS

D.J. Williams of the Bears sacks Steelers quarterback Ben Roethlisberger on Sunday night in Pittsburgh. JUSTIN K. ALLER/GETTY IMAGES



Sam Gagner broke his jaw against the Canucks on Saturday. GETTY IMAGES FILE

NHL. Broken jaw forces Gagner out indefinitely

Edmonton Oilers forward Sam Gagner will miss the start of the regular season with a broken jaw.

Gagner suffered the injury in Edmonton's 5-2 exhibition win over Vancouver on Saturday.

Gagner collided on the side boards with Vancouver's Zack Kassian, and Kassian's stick knocked out some of Gagner's teeth.

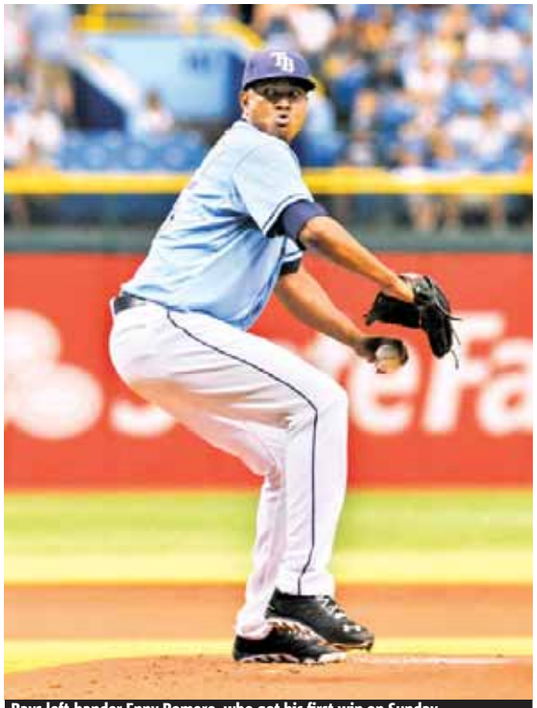
Kassian received a four-minute penalty on the play.

The team said Gagner is out indefinitely. He had 14 goals and 38 points in 48 games with the Oilers last season. THE CANADIAN PRESS

Right Training, Wrong Job?
IAF LOANS FOR IMMIGRANTS
help pay for courses and exams so you can do the work in Canada you once did abroad.
WWW.IAFCANADA.ORG/LOANS
1-855-423-2262
Immigrant Access Fund IAF

4 SPORTS

O's know it looks bleak



Rays left-hander Enny Romero, who got his first win on Sunday.
AL MESSERSCHMIDT/GETTY IMAGES

MLB. With loss to Tampa Bay, Baltimore drops 4 1/2 games back in AL wild-card race with seven to play

Adam Jones can do the math: Sunday's 3-1 loss to the Tampa Bay Rays left the Baltimore Orioles 4 1/2 games out of the AL's wild-card berth with seven games left.

"Basically we're going to have to win out and hope for the best on the other side," the Orioles centre-fielder said. "We have to take care of our business. We battle and we grind and sometimes, as the saying goes, you're the bug and sometimes you're the windshield. The last couple days we've been the bug, so we just have to get back to being that windshield."

Baltimore has lost three straight to the Rays going into Monday's series finale.

"We would have loved to have won the first three, but the reality is that we didn't," Scott Feldman said. "So we have no choice but to keep playing hard, try to come out tomorrow and take the last game and see what happens."

On Sunday

Rays	Orioles
3	1

Enny Romero won in his major-league debut, combining with five relievers on a three-hitter.

Promoted from Triple-A Durham earlier in the day, Romero gave up Manny Machado's leadoff single to start the game. But that was the only hit off Romero, who walked four and struck out none in 4 2/3 innings.

Brandon Gomes (3-1) replaced Romero with two on and two outs in the fifth and struck out Machado. Fernando Rodney allowed Danny Valencia's single and an RBI double by Matt Wieters with two outs in the ninth en route to his 36th save in 44 chances.

THE ASSOCIATED PRESS

MLB

No happy ending in New York City

The day started in storybook fashion. A moving tribute to Mariano Rivera was followed by Andy Pettitte taking a no-hitter into the sixth inning of his final regular-season start at Yankee Stadium.

The way it ended might have finished the Yankees' playoff hopes.

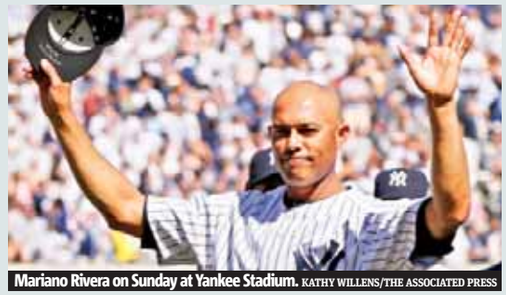
After honouring the career saves leader and celebrating Pettitte, New York saw its AL wild-card hopes dim Sunday with a crushing 2-1 loss to the San Francisco Giants.

In danger of missing the playoffs for just the second time in 19 years, the Yankees dropped four back of Cleveland for the second AL wild card with six games left. New York hosts wild-card-leading Tampa Bay for three games, then closes at Houston.

The Yankees held a pre-game ceremony and retired the No. 42 of Rivera, who is in his final season. Rivera was the last player to wear Jackie Robinson's number, which was retired throughout MLB in 1997.

"I appreciate this day, what the organization did, the fans that were here supporting me," Rivera said. "That was good, but at the end it wasn't that great because we lost the game."

THE ASSOCIATED PRESS



Mariano Rivera on Sunday at Yankee Stadium. KATHY WILLENS/THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	95	62	.605	—
Tampa Bay	86	69	.555	8
New York	82	74	.526	12½
Baltimore	81	74	.523	13
Toronto	71	84	.458	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	91	65	.583	—
Cleveland	86	70	.551	5
Kansas City	82	73	.529	8½
Minnesota	65	90	.419	25½
Chicago	61	94	.394	29½

WEST DIVISION

	W	L	Pct	GB
Oakland	93	63	.596	—
Texas	84	71	.542	8½
Los Angeles	76	79	.490	16½
Seattle	68	88	.436	25
Houston	51	105	.327	42

Sunday's results
San Francisco 2 N.Y. Yankees 1
Cleveland 9 Houston 2
Chicago White Sox 6 Detroit 3
Boston 5 Toronto 2
Tampa Bay 3 Baltimore 1
Kansas City 4 Texas 0 (10 inn.)
Seattle 3 L.A. Angels 2
Oakland 11 Minnesota 7
Saturday's results
N.Y. Yankees 6 San Francisco 0
Tampa Bay 5 Baltimore 1
Oakland 9 Minnesota 1
Cleveland 4 Houston 1
Detroit 7 Chicago White Sox 6 (12 inn.)
Texas 3 Kansas City 1
Toronto 4 Boston 2
L.A. Angels 6 Seattle 5
Monday's games — All times Eastern
Baltimore (Chen 7-7) at Tampa Bay (Archer 9-7), 3:10 p.m.
Houston (Lyles 7-8) at Texas (Holland 9-9), 8:05 p.m.
Detroit (Verlander 13-12) at Minnesota (Pelfrey 5-13), 8:10 p.m.
Toronto (Happ 4-6) at Chicago White Sox (Quintana 8-6), 8:10 p.m.
Oakland (Griffin 14-9) at L.A. Angels (Richards 7-6), 10:05 p.m.
Kansas City (Ventura 0-0) at Seattle (Maurer 4-8), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	92	63	.594	—
Washington	84	72	.538	8¼
New York	71	84	.458	21
Philadelphia	71	84	.458	21
Miami	57	99	.365	35½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	91	65	.583	—
Cincinnati	89	67	.571	2
Pittsburgh	89	67	.571	2
Milwaukee	69	86	.445	21¼
Chicago	65	91	.417	26

WEST DIVISION

	W	L	Pct	GB
Los Angeles	90	66	.577	—
Arizona	79	76	.510	10½
San Diego	72	83	.465	17½
San Francisco	72	84	.462	18
Colorado	71	86	.452	19½

Sunday's results
Cincinnati 11 Pittsburgh 3
N.Y. Mets 4 Philadelphia 3
Miami 4 Washington 2 (gm. 1)
Atlanta 5 Chicago Cubs 2
Arizona 13 Colorado 9
L.A. Dodgers 1 San Diego 0
Washington 5 Miami 4 (gm. 2)
Milwaukee 6 St. Louis 4
Saturday's results
Chicago Cubs 3 Atlanta 1
Pittsburgh 4 Cincinnati 2
N.Y. Mets 5 Philadelphia 4 (7 inn.)
Miami at Washington (ppd.)
St. Louis 7 Milwaukee 2
Arizona 7 Colorado 2
L.A. Dodgers 4 San Diego 0
Monday's games — All times Eastern
N.Y. Mets (Harang 0-1) at Cincinnati (Cueto 5-2), 7:10 p.m.
Milwaukee (Estrada 6-4) at Atlanta (Minor 13-7), 7:10 p.m.
Philadelphia (Halladay 4-4) at Miami (Eovaldi 3-6), 7:10 p.m.
Pittsburgh (Morton 7-4) at Chicago Cubs (Samardzija 8-12), 8:05 p.m.
Washington (Roark 7-0) at St. Louis (Wainwright 17-9), 8:15 p.m.
Arizona (McCarthy 5-9) at San Diego (Stults 9-13), 10:10 p.m.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Sunday's result
B.C. 24 Saskatchewan 22
Saturday's results
Hamilton 28 Montreal 26
Toronto 33 Calgary 27

NFL

WEEK 3

Sunday's results
New England 23 Tampa Bay 3
Cincinnati 34 Green Bay 30
Cleveland 31 Minnesota 27
Baltimore 30 Houston 9
Tennessee 20 San Diego 17
Carolina 38 N.Y. Giants 0
New Orleans 31 Arizona 7
Dallas 31 St. Louis 7
Detroit 27 Washington 20
Miami 27 Atlanta 23
Indianapolis 27 San Francisco 7
Seattle 45 Jacksonville 17
N.Y. Jets 27 Buffalo 20
Chicago at Pittsburgh
Monday's game — All Times Eastern
Oakland at Denver, 8:40 p.m.

GOLF

PGA TOUR

TOUR CHAMPIONSHIP

At Atlanta, Ga.
Par 70 — Fourth round
x-wins FedEx Cup Playoffs

x-Henrik Stenson, $1,440,000	64-66-69-68—267
Jordan Spieth, $708,000	68-67-71-64—270
Steve Stricker, $708,000	66-71-68-65—270
Webb Simpson, $384,000	68-71-69-63—271
Dustin Johnson, $320,000	68-68-67-69—272
Justin Rose, $288,000	68-68-70-67—273
Also:	
Graham DeLaet, $131,200	**68-71-72-73—284**

Horoscopes

Aries
March 21 - April 20
Better times are just around the corner but although you may believe that, a friend or colleague does not, and you must make an effort to convince them. Their happiness is tied to yours.

Taurus
April 21 - May 21
Sudden changes will be the norm over the next few days. The planets indicate that nothing can harm you so long as you stay calm and refuse to be rushed.

Gemini
May 22 - June 21
Why sit around waiting for people you hardly know to make decisions which affect your life? Your life is what you choose to make of it.

Cancer
June 22 - July 23
Stop feeling sorry for yourself and start looking for ways to improve your life. you have to work harder for less reward for a while but think of it as an investment. The tide WILL turn

Leo
July 24 - Aug. 23
You may be of the opinion that a partnership that has been causing you grief is no longer worth the effort but don't give up on it. The planets indicate it is about to surprise you, in a nice way.

Virgo
Aug. 24 - Sept. 23
You may feel that you are destined for bigger and better things and you may be right but it won't happen as if by magic. Determine your number one priority today – then go for it to the exclusion of everything else.

Libra
Sept. 24 - Oct. 23
If you wish for something hard enough today there is every chance that your wish will come true. The planets indicate this is your time of year and extraordinary things can happen – so wish away.

Scorpio
Oct. 24 - Nov. 22
Don't let what other people are doing distract you from what you should be doing. Yes, it may seem that they are having more fun but in the long-term what's more important to you, having fun or making money?

Sagittarius
Nov. 23 - Dec. 21
You may be eager to show what you can do but try waiting until later in the week before pushing yourself to the front of the stage.

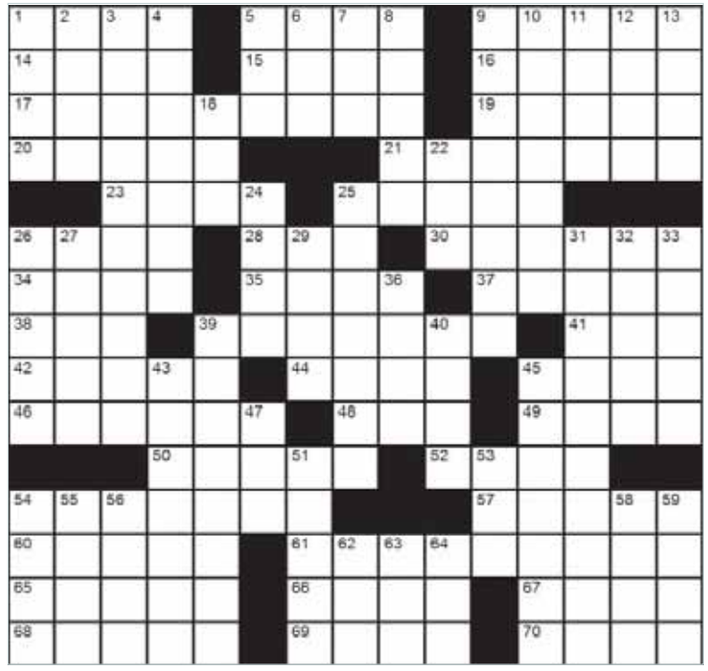
Capricorn
Dec. 22 - Jan. 20
The best way to change the world is to change your own attitude. It's not really the world "out there" that is the problem but the world you create inside your own head.

Aquarius
Jan. 21 - Feb. 19
You may be upset that something did not work out the way you wanted it to but over the next few days you will realize it was for the best. New opportunities will arise.

Pisces
Feb. 20 - March 20
In some way or other you are still trying to hold back the tide, even though you know it cannot be done. The time has come to accept that you must move with the times, because the times won't move with you. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



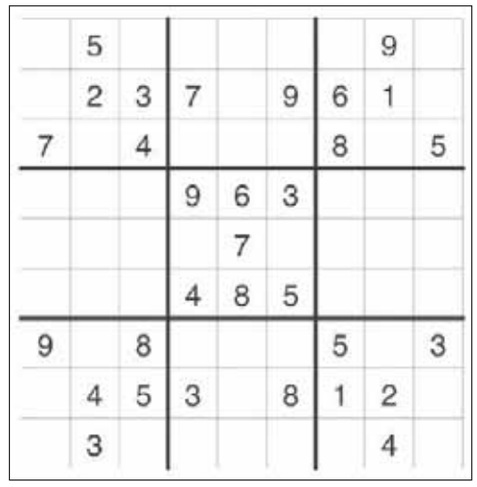
Across
1. Police dept. rank
5. Skedaddle
9. Feminine 'this' in French
14. Lion's mane part
15. Marsh plant
16. "__ Pearl" by 54-40
17. Douglas __ (Second husband of the Canadian actress at #9-Down)
19. Dennis of movies
20. "Blame It __ __" (1984) starring Michael Caine
21. Every bit as
23. Hero
25. Pasted
26. 9:00_ _ __ 5:00pm (Office hours)
28. Wood sorrel
30. Conflicting: 2 wds.
34. Bankruptcy reason
35. Boring
37. Handle in the hospital
38. Pathway, for short
39. Mont-Saint-__, Quebec
41. Passed in 1867, it made Canada [acronym]
42. Not napping
44. "__ -Team" ('80s series)
45. Crooned
46. Planets
48. Ship's stern
49. Amounts [abbr.]
50. Off to _ __ start
52. Spanish 'water'
54. Greek Myth: Slayer of Medusa
57. Actress Ms. Ward's
60. __ Harp
61. Play poker one on one: 2 wds.
65. Engraved head necklace piece
66. Fluish feeling
67. British band, __ Shaker
68. Informal-style of wording
69. Judge Judy's garb
70. Lovestruck, olde-style

Down
1. Data
2. "Wavin' Flag" by K'__
3. British Columbia's provincial mammal: 2 wds.
4. Green hue
5. Monk's title
6. DWTS judge
7. "Mouse!"
8. Bygone car
9. 1929 film for which Mary Pickford won an Academy Award for Best Actress
10. South American country
11. Greenish-blue
12. Cat part
13. Complete-ish
18. "Surprise!"
22. Sine __ non (Essential thing)
24. CCR tune
25. Sir of the Round Table
26. "It's _ __!" (Tied game exclamation)
27. "Love __ Times" by The Doors: 2 wds.
29. Religious sect
31. 'Let Go', for Avril Lavigne in 2002: 2 wds.
32. Mr. DeVito
33. Pre-weddings parties
36. Willingly, to a poet
39. Video game, Sonic the __
40. Proportionately, Pro __
43. Canadian speed skating great/Olympian, Cindy __
45. Makes mouse noises
47. Old French coin
51. Academy Award
53. Prime meridian std.
54. Photos
55. 'Fed' suffix
56. Terza __ (Italian verse form)
58. "__ _ Wanna Do" by Sheryl Crow
59. Musical chairs goal
62. Past
63. Wipe
64. Canadian comedian Gerry

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

5	3	4	6	2	7	9	8	1
7	6	9	4	8	1	2	5	3
8	2	1	5	3	9	6	4	7
2	9	5	1	7	4	8	3	6
6	4	3	9	5	8	7	1	2
1	7	8	3	6	2	4	9	5
9	5	2	8	1	6	3	7	4
3	8	7	2	4	5	1	6	9
4	1	6	7	9	3	5	2	8

Weather

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

TODAY	TUESDAY	WEDNESAY
MAX: 15° MIN: 8°	MAX: 13° MIN: 5°	MAX: 15° MIN: 2°

visit metronews.ca
metro

Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: Oct 23rd- 27th, 2013
Next Seminar: Oct 15th, 2013 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globaltesol.com
GLOBAL TESOL COLLEGE

3 STOREY TOWNHOMES WITH 3 CAR PARKING FROM THE $270'S

FIND YOUR WAY

Find your way to The Post, with two and three bedroom townhomes ranging from 1,130 to 1,400 square feet and three car parking. Colonial architecture meets bright exterior finishes to create Calgary's most sought after new address.

REGISTER AT AVIURBAN.COM/THEPOST

64 Nolan Hill Gate NW | 403.536.7290

Condos, townhomes & amazing things. aviurban.com

CALGARY SW

SAWYER SILVERADO

700 - 1100 SQ. FT. CONDOS

1 BEDROOM CONDOS FROM THE $180'S

2 BEDROOM CONDOS FROM THE $220'S

CALGARY SE

Edison AT WALDEN

1130 - 1400 SQ.FT. TOWNHOMES WITH 2 CAR ATTACHED GARAGES

FROM THE $260'S

CALGARY SW

VICTORIA CROSS

2100 - 2300 SQ.FT. AUTHENTICALLY URBAN INNER CITY TOWNHOMES

FROM THE $790'S

Prices subject to change without notice. E&OE

AVIurban